

THE NATIONAL COLLEGIATE  
ATHLETIC ASSOCIATION

PROCEEDINGS OF THE  
FOURTEENTH ANNUAL CONVENTION  
HELD AT  
NEW YORK CITY  
DECEMBER 30, 1919

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PROCEEDINGS OF THE FOURTEENTH ANNUAL  
CONVENTION OF THE NATIONAL COL-  
LEGiate ATHLETIC ASSOCIATION,  
DECEMBER 30, 1919.

OFFICERS OF THE ASSOCIATION.  
1920.

PRESIDENT.

Colonel Palmer E. Pierce, U. S. A., Retired, 500 Broad St., Philadelphia,  
Pa.

VICE PRESIDENT.

Dean Samuel W. Beyer, Iowa State College, Ames, Iowa.

SECRETARY-TREASURER.

Dean Frank W. Nicolson, Wesleyan University, Middletown, Conn.

EXECUTIVE COMMITTEE.

(In addition to the president and secretary, *ex officio*.)

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Second District, Dr. E. C. Huntington, Colgate University.  
Third District, Professor H. E. Satterfield, N. C. State College.  
Fourth District, Professor Thomas Bragg, Alabama Polytechnic Institute.  
Fifth District, Professor J. F. A. Pyre, University of Wisconsin.  
Sixth District, Professor M. F. Ahern, Kansas State Agricultural College.  
Seventh District, Professor J. J. Richey, A. & M. College of Texas.  
Eighth District, Professor J. A. Hunter, University of Colorado.  
Ninth District, Professor H. C. Howe, University of Oregon.

ROLL OF MEMBERS.

COLLEGES AND UNIVERSITIES.

Alabama Polytechnic Institute, Auburn, Ala., C. C. Thach, LL. D., President.  
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Amherst College, Amherst, Mass., Alexander Meiklejohn, Ph. D., LL. D., President.  
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Brown University, Providence, R. I., William Herbert Perry Faunce, D. D., LL. D., President.  
Carleton College, Northfield, Minn., Donald J. Cowling, D. D., President.  
Carnegie Institute of Technology, Pittsburgh, Pa., Arthur A. Hamerschlag, D. Sc., Director.

Case School of Applied Science, Cleveland, Ohio, Charles S. Howe, Ph. D., Sc. D., President.  
 Catholic University of America, Washington, D. C., Right Rev. T. J. Shahan, D. D., President.  
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 Colgate University, Hamilton, N. Y., E. B. Bryan, LL. D., L. H. D., President.  
 College of the City of New York, New York, N. Y., Sidney E. Mezes, Ph. D., LL. D., President.  
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 Columbia University, New York, N. Y., Nicholas Murray Butler, Ph. D., LL. D., President.  
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 Dickinson College, Carlisle, Pa., J. H. Morgan, Ph. D., D. D., LL. D., President.  
 Drake University, Des Moines, Iowa, H. M. Bell, LL. D., President.  
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 Georgia School of Technology, Atlanta, Ga., K. G. Matheson, LL. D., President.  
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 International Y. M. C. A. College, Springfield, Mass., L. L. Doggett, Ph. D., President.  
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 Johns Hopkins University, Baltimore, Md., Frank J. Goodnow, LL. D., President.  
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 Lehigh University, S. Bethlehem, Pa., Henry S. Drinker, E. M., LL. D., President.  
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 New York University, New York, N. Y., Elmer Ellsworth Brown, LL. D., Chancellor.

North Carolina State College of Agriculture and Engineering, West Raleigh, N. C., W. C. Riddick, C. E., President.  
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 Oberlin College, Oberlin, Ohio, Rev. Henry C. King, D. D., LL. D., President.  
 Ohio State University, Columbus, Ohio, William O. Thompson, D. D., LL. D., President.  
 Ohio University, Athens, Ohio, Alston Ellis, Ph. D., LL. D., President.  
 Ohio Wesleyan University, Delaware, Ohio, J. W. Hoffman, D. D., President.  
 Oregon State Agricultural College, Corvallis, Ore., Wm. J. Kerr, D. Sc., President.  
 Pennsylvania State College, State College, Pa., Edwin E. Sparks, Ph. D., LL. D., President.  
 Princeton University, Princeton, N. J., John G. Hibben, Ph. D., LL. D., President.  
 Purdue University, Lafayette, Ind., Winthrop E. Stone, LL. D., President.  
 Rice Institute, Houston, Texas, Edgar O. Lovett, Ph. D., LL. D., President.  
 Rutgers College, New Brunswick, N. J., Rev. W. H. S. Demarest, D. D., President.  
 State University of Iowa, Iowa City, Iowa, Walter A. Jessup, Ph. D., President.  
 Stevens Institute of Technology, Hoboken, N. J., A. C. Humphreys, Sc. D., LL. D., President.  
 Swarthmore College, Swarthmore, Pa., Joseph Swain, M. S., LL. D., President.  
 Syracuse University, Syracuse, N. Y., Rev. J. R. Day, S. T. D., D. C. L., LL. D., L. H. D., Chancellor.  
 Temple University, Philadelphia, Pa., Russell H. Conwell, D. D., LL. D., President.  
 Texas Agricultural and Mechanical College, College Station, Tex., W. B. Bizzel, D. C. L., President.  
 Trinity College, Hartford, Conn., Henry A. Perkins, M. A., Acting President.  
 Tufts College, Medford, Mass., John A. Cousens, A. B., Acting President.  
 Union College, Schenectady, N. Y., Rev. C. A. Richmond, D. D., President.  
 United States Military Academy, West Point, N. Y., Brigadier-General Douglas MacArthur, U. S. A., Superintendent.  
 University of Akron, Akron, Ohio, Parke R. Kolbe, Ph. D., President.  
 University of Chicago, Chicago, Ill., Harry P. Judson, LL. D., President.  
 University of Cincinnati, Cincinnati, Ohio, Charles William Dabney, Ph. D., LL. D., President.  
 University of Colorado, Boulder, Colo., George Norlin, Ph. D., President.  
 University of Georgia, Athens, Ga., David C. Barrow, A. M., LL. D., President.  
 University of Illinois, Urbana, Ill., Edmund J. James, LL. D., President.  
 University of Kansas, Lawrence, Kans., Frank Strong, Ph. D., LL. D., Chancellor.  
 University of Michigan, Ann Arbor, Mich., Harry B. Hutchins, LL. D., President.  
 University of Minnesota, Minneapolis, Minn., Marion L. Burton, Ph. D., D. D., President.  
 University of Missouri, Columbia, Mo., A. Ross Hill, Ph. D., LL. D., President.  
 University of Nebraska, Lincoln, Neb., Samuel Avery, Ph. D., Chancellor.  
 University of North Carolina, Chapel Hill, N. C., Harry Woodburn Chase, Ph. D., President.

University of Oklahoma, Norman, Okla., Stratton D. Brooks, LL. D., President.  
 University of Pennsylvania, Philadelphia, Pa., Edgar F. Smith, Ph. D., LL. D., Provost.  
 University of Pittsburgh, Pittsburgh, Pa., Samuel B. McCormick, D. D., LL. D., Chancellor.  
 University of Rochester, Rochester, N. Y., Rush Rhees, D. D., LL. D., President.  
 University of the South, Sewanee, Tenn., Right Rev. A. W. Knight, D. D., Chancellor.  
 University of Tennessee, Knoxville, Tenn., Brown Ayres, Ph. D., LL. D., President.  
 University of Texas, Austin, Texas, R. E. Vinson, D. D., LL. D., President.  
 University of Virginia, Charlottesville, Va., Edwin A. Alderman, D. C. L., LL. D., President.  
 University of Wisconsin, Madison, Wis., Edward A. Birge, Sc. D., LL. D., President.  
 Vanderbilt University, Nashville, Tenn., J. H. Kirkland, Ph. D., D. C. L., LL. D., Chancellor.  
 Washington and Jefferson College, Washington, Pa., Frederick W. Hinnitt, Ph. D., D. D., LL. D., President.  
 Washington and Lee University, Lexington, Va., Henry L. Smith, Ph. D., President.  
 Wesleyan University, Middletown, Conn., William Arnold Shanklin, L. H. D., LL. D., President.  
 Western Reserve University, Cleveland, Ohio, Charles F. Thwing, D. D., LL. D., President.  
 Westminster College, New Wilmington, Pa., W. Charles Wallace, D. D., President.  
 West Virginia University, Morgantown, W. Va., Frank B. Trotter, LL. D., President.  
 Williams College, Williamstown, Mass., Harry A. Garfield, LL. D., President.  
 Yale University, New Haven, Conn., Arthur T. Hadley, LL. D., President.

## JOINT MEMBERS.

The Kansas Intercollegiate Athletic Conference, comprising:  
 Kansas Normal College. Ottawa University.  
 Washburn College. Friends' University.  
 Fairmount College. McPherson College.  
 College of Emporia. Cooper College.  
 Bethany College. Kansas Wesleyan University.  
 Southwestern College. Hays Normal College.  
 St. Mary's College. Midland College.  
 Baker University. Bethel College.  
 State Manual Training School. St. John's College.

## The Iowa Athletic Conference, comprising:

Coe College.	Leander Clark College.
Cornell College.	Simpson College.
Grinnell College.	Penn College.
Highland Park College.	Des Moines College.
Iowa Wesleyan University.	Parsons College.

## The Rocky Mountain Faculty Athletic Conference, comprising:

University of Colorado.	University of Utah.
Colorado State School of Mines.	Utah Agricultural College.
Colorado College.	Colorado Agricultural College.
University of Denver.	Montana State College.

## The Illinois Intercollegiate Athletic Association, comprising:

Bradley Polytechnic Institute.	McKendree College.
State Normal University.	Carthage College.
Hedding College.	Eastern Illinois State Normal University.
Eureka College.	Augustana College.
Illinois College.	Southern Illinois State Normal University.
Lincoln College.	Blackburn College.
Lombard College.	Western Illinois State Normal University.
James Millikin University.	St. Viator College.
Illinois Wesleyan University.	
William and Vashti College.	
Shurtleff College.	

## The Southwest Athletic Conference, comprising:

University of Oklahoma.	Southwestern University.
University of Arkansas.	A. & M. College of Texas.
Baylor University.	A. & M. College of Oklahoma.
University of Texas.	

## The Pacific Northwest Intercollegiate Conference, comprising:

University of Washington.	University of Oregon.
Oregon Agricultural College.	University of Idaho.
Washington State College.	Whitman College.
University of Montana.	

## ASSOCIATE MEMBERS.

Hartford Public High School, Hartford, Conn.	
Lawrenceville School, Lawrenceville, N. J.	
Mercersburg Academy, Mercersburg, Pa.	
New York Military Academy, Cornwall-on-Hudson, N. Y.	
Phillips Academy, Andover, Mass.	
Phillips Exeter Academy, Exeter, N. H.	
University School, Cleveland, Ohio.	

## PROCEEDINGS.

The Fourteenth Annual Convention of the National Collegiate Athletic Association met, pursuant to the call of the Executive Committee, at Hotel Astor, New York, Tuesday, December 30, 1919, at 10.30 a.m., President Pierce in the chair.

The proceedings of the last convention having been issued in printed form, the reading of the minutes was dispensed with.

The secretary stated that, instead of a roll call, printed slips had been distributed on which those present should record their names. The record thus obtained is as follows:

**I. Members (if more than one name is given, the first is that of the accredited delegate):**

Alabama Polytechnic Institute: Professor Thomas Bragg.  
 Amherst College: Professor R. F. Nelligan, Professor A. W. Marsh,  
     Dean George D. Olds.  
 Bates College: Professor Carl H. Smith.  
 Bowdoin College: President Kenneth C. M. Sills.  
 Carnegie Institute of Technology: Dean A. W. Tarbell.  
 Case School of Applied Science: Professor H. F. Pasini.  
 Catholic University of America: Professor T. J. MacKavanagh, Mr.  
     Charles V. Moran.  
 Clemson College: Mr. D. H. Henry.  
 Colgate University: Dr. E. C. Huntington.  
 College of the City of New York: Dr. T. A. Storey, Professor F. A. Woll.  
 College of Wooster: Director L. C. Boles.  
 Columbia University: Professor George L. Meylan, Mr. Charles H. Mapes.  
 Connecticut Agricultural College: Professor R. J. Guyer.  
 Dartmouth College: Professor A. B. Meservey, Mr. Horace G. Pender.  
 Denison University: Professor W. J. Livingston.  
 Franklin and Marshall College: Professor Herbert H. Beck.  
 Georgia School of Technology: Professor J. B. Crenshaw, Professor  
     Samuel S. Wallace.  
 Grinnell College: Mr. Scott MacEachron.  
 Hamilton College: Director Albert I. Prettyman.  
 Harvard University: Dean L. B. R. Briggs, Director William H. Geer,  
     Mr. Carl L. Schrader.  
 Haverford College: Dr. J. A. Babbitt.  
 International Y. M. C. A. College: Dr. J. H. McCurdy, Professor Elmer  
     Berry, Professor Paul Otto, Professor A. G. Johnson.  
 Iowa State College: Dean S. W. Beyer.  
 Johns Hopkins University: Director B. R. Murphy.  
 Lafayette College: Director Harold A. Bruce, Mr. George A. Ligman.  
 Lehigh University: Vice President N. M. Emery, Mr. Walter R. Okeson.  
 Maryland State College: Mr. H. C. Byrd.  
 Massachusetts Agricultural College: Professor Curry S. Hicks, Dean  
     Edward M. Lewis.  
 New Hampshire State College: Professor W. H. Cowell.  
 North Carolina State College: Professor H. E. Satterfield.  
 Northwestern University: Director James L. Lee.

Oberlin College: Professor T. Nelson Metcalf, Professor C. W. Savage,  
     Professor F. E. Leonard.  
 Ohio State College: Professor L. W. St. John, Dr. John H. Nichols,  
     Professor Frank R. Castleman.  
 Ohio Wesleyan University: Professor P. K. Holmes, Dean W. G. Hormell.  
 Pennsylvania State College: Professor Hugo Bezdek, Mr. Neil M. Fleming.  
 Princeton University: Professor Joseph E. Raycroft, Dean Howard Mc-  
     Clenahan, Professor F. W. Luehring.  
 Rutgers College: Professor M. A. Blake, Mr. James H. Reilly.  
 Stanford University: Professor John S. P. Tatlock.  
 Stevens Institute of Technology: Mr. John A. Davis.  
 Swarthmore College: Dr. Samuel C. Palmer, Professor John A. Miller,  
     Professor E. LeRoy Mercer, Mr. Charles C. Miller.  
 Syracuse University: Dean H. A. Peck.  
 Temple University: Professor William A. Nicolai.  
 Trinity College: Professor H. C. Swan, Professor Charles E. Rogers.  
 Tufts College: Mr. Clarence P. Houston.  
 Union College: Mr. Sol Metzger, Professor Howard Opdyke.  
 U. S. Military Academy: Captain Philip Hayes.  
 University of Akron: Mr. Frederick S. Sefton.  
 University of Chicago: Dr. Dudley B. Reed.  
 University of Cincinnati: Mr. Boyd B. Chambers.  
 University of Colorado: Professor F. G. Folsom.  
 University of Georgia: Dr. S. V. Sanford, Mr. John Welch, Mr. Blanton  
     Fortson.  
 University of Illinois: Professor John L. Griffith.  
 University of Kansas: Professor C. C. Williams, Dr. Forrest C. Allen.  
 University of Michigan: Mr. Philip G. Bartelme, Dr. George A. May,  
     Mr. Floyd A. Rowe.  
 University of Minnesota: Dr. Henry L. Williams, President M. L. Burton.  
 University of North Carolina: Professor Charles S. Mangum, Professor  
     Thomas J. Browne, Mr. Charles T. Woollen, Mr. E. V. Howell.  
 University of Oklahoma: Mr. Ben G. Owen.  
 University of Pennsylvania: Dr. John W. Adams, Dr. R. Tait McKenzie,  
     Mr. M. J. Pickering.  
 University of Pittsburgh: Director Charles S. Miller.  
 University of Rochester: Dr. Edwin Fauver, Mr. Raymond N. Ball.  
 University of the South: Rev. Henry D. Phillips.  
 University of Tennessee: Professor John R. Bender.  
 University of Virginia: Dr. Albert Lefevre, Professor W. A. Lambeth.  
 University of Wisconsin: Professor T. E. Jones.  
 Washington and Jefferson College: Mr. John H. Murdoch, Jr.  
 Washington and Lee University: Dr. John W. H. Pollard.  
 Wesleyan University: Dean F. W. Nicolson, Dr. Edgar Fauver, Mr.  
     Emil S. Liston.  
 Western Reserve University: Dr. Edward Von den Steinen.  
 West Virginia University: Director H. A. Stansbury.  
 Williams College: Dr. Frank W. Olds, Mr. E. H. Botsford, Professor  
     O. W. Long.  
 Yale University: Dr. James C. Greenway.

**II. Associate Members.**

Lawrenceville School: Mr. Lory Prentiss.  
 Mercersburg Academy: Professor Joseph H. McCormick, Mr. Frank S.  
     Brooks.  
 New York Military Academy: Professor Victor A. Schmid.  
 Phillips Academy (Andover): Dr. P. S. Page.  
 University School: Mr. G. A. Lemke, Mr. Maurice Briggs.  
 Worcester Academy: R. J. Delahanty.

### III. Local Conferences (Joint Members).

Kansas Intercollegiate Athletic Conference: Professor Frank A. Neff.  
Rocky Mountain Faculty Athletic Conference: Professor R. H. Motten.

### IV. Non-Members:

#### 1. Colleges:

Acadia University: Dr. John T. W. Rowe.  
Boston College: Dean Everett W. Lord, Mr. R. A. O'Brien, Mr. F. A. Reynolds.  
Bucknell University: Professor H. S. Everett.  
Colby College: Director Michael J. Ryan, Mr. Thomas G. Grace.  
Cornell University: Professor C. V. P. Young.  
Howard University: Professor Thomas W. Turner.  
Mount St. Mary's College: Professor M. J. Thompson.  
Pratt Institute: Mr. Fred D. Wright.  
Rensselaer Polytechnic Institute: Professor W. C. Batchelor.  
U. S. Naval Academy: Lieutenant Commander W. A. Richardson.  
University of Alabama: Professor A. M. Boone.  
University of Maine: Mr. A. D. T. Libby, President Robert J. Aley.  
Wellesley College: Professor William Skarstrom.  
Y. M. C. A. College (Chicago): Mr. Franklin H. Brown, Mr. Martin I. Foss.

#### 2. Schools:

Atlantic City, N. J.: Mr. S. M. Bennett.  
Groton School: Mr. W. J. Jacomb.  
Loomis Institute: Mr. R. H. Cobb.  
Montclair High School: Mr. A. R. Silvester, Mr. Samuel H. Cobb.  
Mount Vernon Schools: Mr. Frank B. McGovern.  
Newark Public Schools: Mr. W. E. Short.  
New Brunswick Public Schools: Mr. Carl A. Reed.  
Wardlaw School (Plainfield, N. J.): Principal C. D. Wardlaw.

#### 3. Local Conferences:

New England Conference of Colleges on Athletics: Dr. Edgar Fauver.  
Northwestern Ohio Intercollegiate Athletic Association: Professor F. G. Beyerman.  
Pacific Northwest Conference: Professor J. F. Bohler.  
Rocky Mountain Faculty Athletic Conference: Professor Roger H. Motten.  
Southern California Intercollegiate Athletic Conference: Mr. Howard G. Bissell.  
Western Intercollegiate Conference: Professor Thomas E. French.

#### 4. Individuals:

Mr. L. W. Allen, Hartford, Conn.  
Mr. Wm. H. Ball, International Y. M. C. A.  
Mr. E. A. Bauer, State Department of Education, Albany, N. Y.  
Mr. Romeyn Berry, Intercollegiate Association of Amateur Athletes of America.  
Mr. J. Y. Cameron, Central Y. M. C. A., Buffalo, N. Y.  
Mr. Daniel Chase, N. Y. State Department of Education, Albany, N. Y.  
Major Eliot V. Graves, U. S. A., Washington, D. C.  
Roy C. Loveridge, U. S. A., Bridgeport, Conn.  
Captain J. B. Maccabe, U. S. A., Boston, Mass.  
Dr. F. W. Maroney, State Department of Education, Trenton, N. J.  
Major R. F. Seymour, Syracuse, N. Y.  
Major Fred J. Smith, Toronto, Canada.

Papers were then presented as follows:

Presidential address, by Colonel Palmer E. Pierce, U. S. A.  
(See page 59.)

"The Relation of Athletics to the College Man and the Nation,"  
Rev. Henry D. Phillips, Chaplain of the University of the South.  
(See page 65.)

"Physical Efficiency as a National Asset," Dr. J. H. McCurdy,  
International Y. M. C. A. Training College. (See page 71.)

Address by Hon. Newton D. Baker, Secretary of War. (See  
page 80.)

Brief addresses were made by Lieutenant-General Robert L.  
Bullard and Major-General John F. O'Ryan.

The president appointed the following committee on nominations:  
Mr. E. H. Botsford, Williams College; Major M. E. Pickering, University of Pennsylvania; Dr. C. S. Mangum, University of North Carolina; Chaplain H. D. Phillips, University of the South; Professor L. W. St. John, Ohio State University; Professor C. C. Williams, University of Kansas; Mr. B. G. Owen, University of Oklahoma; Professor R. H. Motten, Colorado College; Professor J. F. Bohler, Washington State College.

The convention took a recess at 12:15 p.m.

### AFTERNOON SESSION.

The Association reassembled at 2 p.m.

The treasurer presented his report, showing a balance on hand  
of \$2,887.89. The report, which had been audited by Professor  
J. F. Bohler, was accepted.

On behalf of the Executive Committee, the secretary recom-  
mended the election of new members as follows: Maryland State  
College, Michigan Agricultural College, Temple University, Uni-  
versity of Cincinnati; also Worcester Academy (Mass.), associate  
member. These institutions were elected to membership. Ala-  
bama Polytechnic Institute and Clemson College, which had re-  
signed from the Association some years ago, were reelected mem-  
bers.

### REPORTS OF DISTRICTS.

District reports were made by the several representatives, as  
follows:

#### FIRST DISTRICT.

##### PRESIDENT KENNETH C. M. SILLS, BOWDOIN COLLEGE.

In New England during the past year there have been several  
tendencies to note in the conduct of athletics—better sportsman-  
ship, more general participation in all kinds of athletics, and a  
greater interest in athletics than has been shown for the last few  
years.

Nearly every college reports a decided improvement in the spirit of sportsmanship. There is still a tendency to emphasize the need of victory above everything else; but more and more undergraduates, both on the field and on the bleachers, are accepting the maxim "fair play and let the best man win." There has been noted for some years a healthy improvement along these lines. I cannot help believing myself that some gain has come from the men back from the war who have been taught the value of taking whatever comes in fine spirit. Many colleges also state that more boys than ever are taking part in various athletic games, and there is a marked tendency to emphasize the importance of physical training. Harvard, for example, has taken noteworthy steps along this line. At Bowdoin, athletics are required of every freshman during his first term before the gymnasium work begins; and the contest held under the auspices of the Association last spring showed that at many other institutions, particularly Amherst and Williams, there were a very large number taking part in sports.

Almost all colleges in New England report action in accordance with the recommendations of the Association in regard to abolishing training tables and organized training and coaching in the summer vacation. Some colleges are instituting a system of permanent coaches; but, on the whole, no great change has taken place in that respect; nor would it be fair to say that there has been any marked change or any great improvement in the athletic situation as a whole. Last year Mr. Botsford in making his report for the first district stated that one of the great universities wrote as follows:

"The college wishes to use this opportunity of materially simplifying university athletics, of putting intercollegiate contests into something like a normal relation to other parts of college life, of greatly reducing expenditures. Changes of this sort are now favored by a large majority of both graduates and undergraduates who have given much attention to the subject. Details have not yet been worked out."

But this year we have seen more attention than ever given to the large games, more expenditures for athletics than ever before, and while we are meeting here to-day the football team of one of the great eastern universities has travelled by special coach to the Pacific coast, making one of the longest and most expensive trips known in the history of football. It is impossible for smaller institutions, which look to the larger universities for good example, to put their athletics on a sound and wholesome basis until the university authorities are in earnest about reducing expenditures and putting collegiate contests in their proper proportion.

Unquestionably the Association has had a good influence on athletics in New England in the last thirteen years. There is less of professionalism in athletics, far more general participation in them by the average student, greater recognition of the impor-

tance of physical training, and a finer spirit of sportsmanship; but the old evils are still with us, and will be until we can have all coaching done by men who have permanent connection with the institution and are directly responsible to the institution. We all believe that athletics form a very important part of the education that a college gives. Why not put the cost of athletics in the college budget? It is really as illogical to pass the hat around among the alumni to help hire a football or baseball coach as it would be to do the same thing for an instructor in history or physics; and intercollegiate contests ought to be opportunities for a college to extend its hospitality to its graduates and friends and a selected number of the public instead of being a money-making device.

May I not (without being too academic or too presidential) suggest that there is danger of a flare-back to professionalism unless we are constantly on guard? "The leaf we have turned over this last year is much more like those in the past than we had hoped it would be," writes that fine champion of all that is best in athletics, Dean Briggs of Harvard. Not only the members of this Association but all who believe in clean, wholesome, manly sport ought to further the amateur spirit with all their power.

#### SECOND DISTRICT.

DR. R. TAIT MCKENZIE, UNIVERSITY OF PENNSYLVANIA.

The second district has shared in the enormous revival of interest in sport that has characterized the United States during the past year. When the American people are interested in anything, whether it be Belgium, a Victory Loan, or intercollegiate sport, they indicate it by an outpouring of cash, and it is interesting to see how this has affected the problems with which our Association is immediately concerned.

Nothing has been left undone financially to have the colleges represented by the best available teams. The training table has reappeared in all its pre-war luxuriance; the usual bills for board stand unpaid as of old, except in some few cases, where local conditions make the training table too inconvenient or too expensive to maintain. One institution reports its limitation to one meal a day, and in another it reappears under the democratic disguise of a "community table," so as to include promising candidates, as well as members of the squad.

Pre-seasonal coaching has also been revived in practically all colleges which have an athletic reputation to maintain. While this is not admitted in many cases, the house party of the wealthy alumnus on his country place serves its purpose, just as does the specialized summer camp, for the few weeks' preparation that was considered necessary to get a proper start for the season be-

fore the war, but against which the Association protested at its last meeting, in the hope that better things were in store during the new era.

The recommendations of the Association with regard to whole time coaching have also been unheeded. I fear that this will always be a difficult question for each institution to decide. You will go far to find the kind of man who can coach a winning team, carry on the routine of departmental administration, and occupy with ease a chair on the faculty; but if the question of winning is concerned, we know how the question is usually decided. It must in the end come down to a question of education by this body, or in the more prolonged and expensive school of experience. The moral influence of the coach for good or ill on the students under his direction must always be overwhelming. He is the center of hero worship, and if he is a "rough-neck," this is speedily known in other colleges, and the institution he represents is rated accordingly, and to a large extent justly; and its intercollegiate relationships suffer in consequence.

One gleam of light in this dark picture is the very general attempt to extend athletic competition to a larger proportion of the students than heretofore, and a more thorough system of examination and instruction in hygiene to the students at large. One institution reports a routine examination of all its students twice a year. This is thoroughly in line with the recommendations of this Association; and the combining of all teaching of exercise, whether it be gymnastics or athletic games, as part of a general scheme under the Department of Physical Education has been successfully carried on in a number of western universities, notably in Chicago, but it is still a new thing in many of our eastern institutions.

The present year is one of peculiar difficulty and danger to the health of athletic competition, and it is not to be wondered at if in some places the morale of sport has suffered a distinct slump. Enormous numbers of men have been turned loose from the army and navy. Training camps and stations have been broken up or reduced, and a steady stream of transports has brought its load of men back from overseas. Among them are many students who have been interrupted in their college career, and have come back to complete it. Every college team has had these splendid men in its lineup. We all know the joy with which we greeted their return from service on sea or land to take up once more the thread of their lives, both in study and sport. Among the returned men there were those whose lives had been torn out by the roots, who found it difficult to decide what to do next. If they had outstanding football ability, suggestions were not lacking. This has made it easy for the promoter to secure a picked aggregation to beat any ordinary camp or college team. Now, by a singular coincidence, practically an entire team of this kind is seized simul-

taneously with the desire for a college education, and their presence goes far toward putting on the map in heavy type an institution that has hitherto been obscure in the tradition of football. Prophecy is always a dangerous pastime, but one might venture a forecast, just this once, that the scholastic mortality in percentage of such a team will make the losses at Château Thierry and the Argonne pale into insignificance.

Less flagrant instances are present on every team, where men have been seduced from the calls of business or professional life to return to college, at least for the football season. One should not blame such men too severely, for it is not altogether their fault. The decision to yield to inducements has been rendered easy by their life during the last year or two. Since the armistice, at least, both in the training camps and overseas, men have been living a life of comparative idleness, interrupted by spurts of intense work. Discipline has been markedly lowered, and the natural and healthy desire for sport which has been carefully fostered in all units has led to elaborate competition between regiments, camps, and training stations. Units have been gone over with a fine comb for suitable material for the teams. The commanding officer has been influenced to retain men, or to secure transfers, with the object of maintaining the athletic prestige of his camp. "Seaman's guard" has sometimes been the fate of a promising player who would otherwise have been out on the high seas; and I grieve to say that this baneful influence on the commanding officer was often exerted by no less a person than the chaplain, in his capacity of purveyor of amusement as well as religious consolation.

The abuses with which thirteen years of discussion have made us familiar have grown rank and luxuriant, and it is little wonder that we are confronted this year with predatory bands of heroes, trained on the battlefield for the more serious combats of the gridiron, combining in casual clubs to pick up what loot they may in Sunday games, with lowered standards of sportsmanship, contaminating the atmosphere of the college team near which they are, with offers of easy money under an assumed name.

Not only in football, but to a much greater extent we must look for this same thing in basket ball and baseball, for this year at least. If the National Collegiate Athletic Association is to fulfill its purpose, it has this problem on its hands more insistently than at any time within my recollection of the thirteen years of its activity.

#### THIRD DISTRICT.

PROFESSOR ALBERT LEFEVRE, UNIVERSITY OF VIRGINIA.

During the past year, there has been in the third district some marked progress in the realization of the principles and purposes

of the National Collegiate Athletic Association. There has been more general interest taken, both by university authorities and by students, in physical training. This is evidenced by the increased enrollment in the courses in physical training, and in the unusually large numbers of participants in track and field work, in basket ball, boxing, wrestling, and other outdoor and indoor sports. The men who have returned from the training camps to college life have been influential in aiding this development.

In regard to intercollegiate athletics, one may report improved conditions concerning the eligibility of players. For illustration, both the Johns Hopkins University and Maryland State have recently adopted eligibility rules in essential conformity with the recommendations of this Association. There is faith that others will see the misguidance of their ways and follow this example.

Several years ago there was formed an Athletic Conference of Southern State Universities. The conference at present consists of the Universities of Tennessee, Georgia, South Carolina, North Carolina, and Virginia. Other state universities, for example, Kentucky, Florida, and Alabama, have expressed a desire to become members of this conference. Perhaps the greatest single good that has resulted from this Association of Southern State Universities has been the adoption and enforcement of a strict rule excluding freshmen or first-year men from university teams. North Carolina and Virginia abide by this law for all their teams and games, but others, who because of geographical situation depend largely upon members of the Southern Intercollegiate Athletic Association for their schedules, have been forced to a double standard of eligibility, one which forbids the playing of freshmen against members of the conference, the other which permits freshmen to play against institutions which belong to the Southern Intercollegiate Athletic Association. It is recognized by these institutions that this is well-nigh an intolerable condition. It is fervently to be hoped that all members of the Southern Intercollegiate Athletic Association will see their way clear to enact this principle, and thus remove at least one notable cause of athletic confusion and discord.

Finally, it is with regret that your delegate reports that a large majority of the institutions in the third district have failed to live in accordance with the solemn admonition of this Association concerning the employment of seasonal coaches. This should be regarded, however, not as a cause of despair, but as an occasion for further effort on the part of the National Collegiate Athletic Association. The fact that several institutions in the third district have heeded the advice, points to the opportunity the Association now has for the reasseveration of its resolution of last December.

#### FOURTH DISTRICT.

PROFESSOR C. S. BROWN, VANDERBILT UNIVERSITY.

[No report was presented from this district.]

#### FIFTH DISTRICT.

PROFESSOR THOMAS E. FRENCH, OHIO STATE UNIVERSITY.

The fifth district comprises the states of Ohio, Indiana, Illinois, Michigan, Wisconsin, and Minnesota.

The colleges of this section are well organized in conferences and associations. It can probably be said that there is closer organization and greater uniformity of athletic administration than in any other section of the country. The keynote of Middle West athletics is *faculty control* as distinguished from student or alumni control.

The most powerful and influential of these organizations is the Western Intercollegiate Conference composed of ten universities, the University of Minnesota, University of Wisconsin, University of Chicago, Northwestern University, University of Illinois, State University of Iowa, Purdue University, Indiana University, Ohio State University, and the University of Michigan, whose faculty representatives meet in regular session semiannually, and whose action is usually followed by the other associations in passing similar rules.

Of other organizations there are the Ohio Conference, containing the eighteen leading colleges of Ohio, the Illinois Intercollegiate Association with nineteen members, the Indiana Association, the Michigan Intercollegiate Association with ten members, and the Wisconsin Association, popularly known as the "little five." Thus, regarding the application of the resolutions adopted last year by the National Collegiate Athletic Association it may be reported as follows:

*Resolution 1.* The terms of this resolution are operative in all the universities and colleges represented. The departments of physical training and athletics, under whatever name, are recognized as collegiate departments, with the directors, and in many cases the coaches, members of the faculty or instructional force.

*Resolution 2.* The colleges make provision for the work of the departments in the hour schedule. It is perhaps not always "adequate provision," but the tendency in the revision of schedules is to give more time.

*Resolution 3.* In this district there are very few seasonal coaches; scouting, as understood in the resolution, has not existed for years; training tables and pre-season coaching have for a long time been forbidden in all the conferences of the section.

It is felt, it may be said definitely, that in practically all the

colleges and universities of the fifth district both the letter and the spirit of the principles of amateur sport as set forth in Article VI of the By-laws of this Association are carried out. The Western Conference, for instance, goes so far in attempting to prevent the influencing of prospective players as to prohibit anyone connected with the athletic department from writing to or calling upon a high school athlete. In this conference, if a university exhibits any tendency toward violating the spirit of the rules it immediately finds itself confronted with difficulty in arranging a schedule for the next year.

As a recent example: one institution which had a coach from a Government station had several men from the Government team follow the coach and enter the institution. While the college in question was, no doubt, only an unfortunate victim of circumstances, the enrollment of this squad of players, indicating apparent disregard of the spirit of the inducement rule, was stated as the reason for the at least temporary breaking off of an intercollegiate relationship of long standing with a neighboring institution. It might be remarked incidentally that the two best men of this squad failed out of college in the spring, entered an eastern school in the fall, and were quite a factor in the success of the team of that school.

In regard to eligibility rules, the schools of the fifth district go far in advance of the rules recommended by this Association.

Regarding modifications of, or additions to, the eligibility code, the only change reported is the establishment by the Ohio Conference of a conference eligibility committee, to whom may be referred any doubtful cases, and whose decision is final except when appealed from to the conference.

The Western Conference attitude in protecting the records of men who were in military service, including S. A. T. C., is indicated by the following resolution.

"In determining questions of eligibility, no account shall be taken of athletic or scholastic records, or of interruptions during, or by reason of, military service." Under the heading of "movements toward further reform" may be noted the further attempt of the Western Conference and the Ohio Conference to stop the pernicious effect of professional football, which was referred to in the report from this district at the meeting of 1916. The promoters of this anomalous sport are exploiting more and more the names of the colleges from which the players secured for their aggregations come. The conference at its last meeting, December 5, reaffirmed its previous action revoking letters of players and disqualifying coaches who take part in these games and took the following further action.

Resolved: That participation either as player or official in a professional football game shall disqualify for all employment in connection with athletics.

This bars any official who works in a professional game from officiating in any game of a conference college. Similar action has been taken by the Association of Directors and Managers of the Ohio Conference.

In conclusion it may be said that this district has had the same experience as other sections in the great post-war revival of athletic interest. All the schools have also had fine seasons financially. However, with this increase in income and rivalry comes added danger of violations in the ethics and spirit for which this Association stands.

To give one instance of the tendency. A university in mind had a great financial season, but a very unsuccessful one from the standpoint of games won. A frantic S O S call goes out to the alumni, and the rally has this for a slogan "Every man get a man." Criticism of the university in question is not intended, but does this not show a trend in the wrong direction, a violation of our rule in Article VI, and a tendency to overemphasize the importance of winning?

It will require all the moral influence of this Association and its members in renewed effort to hold the ground which it has already gained in its lessening of proselytizing, maintaining amateur standards, and placing athletics on an educational basis, to meet this danger and prevent the undermining of the whole structure of intercollegiate sport.

#### SIXTH DISTRICT.

PROFESSOR C. C. WILLIAMS, UNIVERSITY OF KANSAS.

Reports from institutions in the sixth district (which includes roughly the Missouri Valley Conference and the Dakotas) indicate that collegiate athletics are rapidly recovering from the disturbed conditions of the war period. Briefly stated, they reveal a purpose to extend the athletic activities of these institutions, to effect a more general participation amongst the students, and to adhere rigidly to the rules governing athletic contests. The larger schools have abolished seasonal coaches and pre-seasonal coaching, and apparently all have nominally abolished training tables, although in some instances a situation closely akin to the training table seems to exist. In most instances, however, there appears to be a disposition to abide by the rules in spirit as well as in letter.

The chief difficulty encountered as an evasion of the spirit of intercollegiate athletics is not chargeable directly to responsible college authorities, but results from the zeal and unethical activities of persons not connected directly with the institutions, namely, townspeople and chambers of commerce, who through overeagerness to have a winning team develop an unwarranted activity in promoting athletic resources. This zeal (which origi-

nates in mixed motives) may take the form of assisting athletes in the payment of expenses, finding jobs for athletes that pay exceptionally well considering the service rendered, allowing athletes to room in school or other buildings without the payment of rent, etc., any of which may not come within the letter of the law but are in violation of its spirit. The general result is the lowering of ethical standards and the encouraging of the tendency to commercialism.

Owing to irregularities arising from men entering military service, eligibility rules governing residence and scholarship were generally interpreted liberally by eligibility committees in order not to do injustice to athletes. Some progress has been made in securing a greater number of available officials for contests and toward standardizing their compensation. An unusual number of athletic directors have left the profession to engage in commercial enterprises, with the result that many new personalities have entered the conferences of the larger schools.

The withdrawal of the University of Nebraska from the Missouri Valley Conference because of a disagreement with the rule requiring all games to be played on the home grounds of one of the contestants has caused a rearrangement and readjustment of schedules to some extent. Most of the schools in the conference have severed athletic relations with Nebraska, and all have declared their intentions to schedule no more contests, only one deciding to play out the existing two-year contract involving a football game next fall. This action was taken to preserve the integrity of the conference. The admission of the University of Oklahoma and Grinnell College into the Missouri Valley Conference should also be noted in this connection. The athletic as well as the academic conditions in both of these institutions are in a very creditable state.

At some of the institutions, physical training has taken on the game idea and character to a considerable extent, with a resulting increase in interest. This arrangement is only possible where close and cordial coöperation exists between the athletic staff and the department of physical education. The most satisfactory division of this work, where the game idea characterizes the physical training, seems to be to place physical education, physical examinations, corrective work, etc., under one head, and athletics and the normal physical training under another.

The alacrity and the complete spontaneity with which the college men of the Kansas institutions responded to the call of the Governor of that state to service in the coal mines during the recent strike, a service devoid of the spectacular and of glamor, a service consisting of much hard labor under extremely disagreeable conditions, and the instant introduction of the game or contest idea in competition amongst various groups, usually led by a football favorite, well illustrate the results of this scheme.

In attempting to appraise the developments in collegiate athletics in the district for the past year, three features seem to be sufficiently discernible and definite to justify mentioning in this connection.

1. The interest in athletic sports is becoming more genuine. This is, perhaps, a continuation of a tendency that has been in progress for the past three or four years. Previously, much of the interest in athletics was unhealthy, being artificially stimulated or forced; that is, it did not exist in sport for sport's sake, but was the result of more or less extraneous influences, of which two appear to be the most prominent. The first was the rather unwholesome excitement resulting from betting on contests, in some cases by students, but more particularly by townspeople and sport fans who were in no way connected with the colleges. This situation was reflected in a certain braggadocio attitude amongst the students, who, as a consequence, played most of their games of football in the local barber shops and pool halls or other favorite resorts. This condition among the institutions of the district has improved, owing to the attitude of college authorities toward gambling on games and to the discontinuance in many places of the favorite rendezvous. The result has been a more ready response to a program of active flesh-and-blood participation of students who formerly only talked and smoked athletics.

The second factor which tended to produce this hothouse interest in athletics was the claptrap style and senseless jargon which characterized the descriptions and discussions of athletic contests on the sport pages of the daily newspapers a few years ago. Happily the better newspapers have abandoned this custom, and yet have lost nothing of freshness or piquancy in restoring some semblance to dignified composition. With the subsistence of these two influences, the interest in athletics, even if actually abated in some instances, appears to be founded more on their intrinsic value than on this unnatural stimulation.

2. A movement has become general to foster intramural sports and mass athletics, a few of the schools having secured experts in this branch of sport in order to promote such development. There appears to be no tendency to abolish team athletics, however, but rather to have team athletics serve as a stimulus and criterion of general or mass athletic activity. The acme of purpose in collegiate athletics would be to have the relative prowess of two rival institutions decided not by two picked and highly developed teams, but instead by the average athletic ability of every able-bodied man in the institutions. Moreover, by the adoption of some point system in marking or grading, it should be feasible to compare the athletic capabilities by try-outs on home grounds without the necessity of direct contests. It is to be hoped that the movement toward mass athletics which is now in progress may attain some such proportions.

3. The third feature to be mentioned in this connection is the influence of athletics in the army camps on collegiate athletics. This influence, as it has manifested itself in this region, has taken on two aspects, one beneficial and the other deleterious. In regard to the former of these, a more rugged and lively interest has been developed, and the appalling need of physical betterment in the masses has been made obvious. In the latter case, in which the influence may be said to have been made hurtful, the result has been that the finer points of athletic games, football in particular, have been lost. This state of affairs was manifest in the games of the last season, in that more holding and rough play were in evidence than in the previous six or seven years. More injuries to players resulted due to lack of condition, because, influenced by army custom, training rules were not rigidly adhered to. Also, fewer teams became masters of offensive tactics, reliance being on mass formations and the development of defense. As witness to this fact, attention may be called to the large number of scoreless games in which either team with a vigorous offense could have scored frequently.

This latter effect of army athletics is probably due primarily to the lack of expert officials to attend the games in the camps, allowing those games to take on the character of rough-and-tumble scrimmages rather than contests of skill and well-managed teamwork; and secondarily, perhaps, to the general dulling of moral and ethical discrimination resulting from camp and field life and activity. Many of the fine points and the outstanding merits that have characterized and, to a great extent, justified the college game of football in recent years have been lost, and it will require probably two or three years to recover the ground held before the war in this respect.

In conclusion, attention might be directed to the excellent spirit of friendly rivalry and mutual respect and esteem that appears to exist among the institutions of the district whose students meet each other in athletic contests. In general, therefore, a survey of the athletic situation in the district is very encouraging and full of promise for more and better athletic activity next year.

#### SEVENTH DISTRICT.

[No representative of this district was appointed in 1919, and consequently no report was presented.]

#### EIGHTH DISTRICT.

PROFESSOR R. H. MOTTEN, COLORADO COLLEGE.

After the disorganization of collegiate sports, as well as everything else in academic life, caused by S. A. T. C. units, athletics this year have been returned to a normal condition and placed

on a pre-war basis. "Hectic" is about the only word which will describe the condition existing in the eighth district during the first part of last year. But we have now returned to peace conditions and things are running smoothly.

There are now eleven institutions of collegiate rank giving the bachelor's degree in the eighth district, and nine of these are connected with the Rocky Mountain Conference, either as active or associate members. One is hoping soon to enter the conference, the other apparently cares nothing for athletics, at least not for outside interest.

There is now practically no pre-season coaching in the district. In one or two instances, where the late opening of an institution would have worked a distinct hardship, permission was granted by the Rocky Mountain Conference for a few days' pre-season coaching.

The fees of officials were reduced during the war, but are soaring now with everything else that is keeping company with the H. C. of L. It seems that all things in athletics, except gate admissions, have advanced, and to advance those and keep the good will of patrons seems impossible. The institutions of the eighth district still cling to the training table for football teams, and practically all of the colleges conduct them at a financial loss, if at a physical gain. The athletic boards would be pleased to do away with them, but athletic directors and followers insist upon them. Specific examples of successful teams working without training tables would be greatly appreciated.

Season coaches are being discontinued, and all the institutions now have their sports and physical training under the supervision of an athletic director who may have his assistants for the various activities.

There is a new attitude toward physical education and athletics, a direct outgrowth of the training in the war camps. This changed attitude has brought about a new spirit, and to-day athletic squads are doubled and tripled, and "gym" is a pleasure rather than a dose of bitter medicine which an unreasonable faculty has imposed on a long-suffering student body.

There is much more interest in intramural sport, and much time is now given to the development of class, club, and fraternity teams. All men are urged to get into some sport and wherever possible to participate in some contest.

This increased interest has naturally developed a better spirit in intercollegiate athletics, and the "win-at-any-cost" seems to have given way to fair play and sportsmanship. Our greatest difficulty here has been the over-anxious onlooker charging a successful player with commercialism. And I may add right here that part of our difficulty in that respect is due to proselytizing on the part of eastern and mid-western institutions. If colleges must do that sort of thing, we much prefer that they keep out of

the eighth district. We do not believe that the fault lies so much with institution and athletic boards *per se* as it does with overzealous alumni and alumni associations. Because a man has "made good" in high school athletics in Colorado is no reason why he should be paid to go to college east of the Mississippi. If he is made an offer for the east, and stays in the west, the shadow of suspicion is cast upon the western institution and its athletic enthusiasts.

To you of the older institutions, this may seem a trivial thing, but if you knew the charges and the countercharges which we of the west, on account of eastern proselyting, must hear and thrash out in order to keep our athletics clean, you would appreciate our position. We look to the National Collegiate Athletic Association for help.

A new sport has been added to the list of sports recognized by the Rocky Mountain Conference. Boxing and wrestling are now regularly scheduled between the institutions of the conference, and in some colleges boxing is a regular part of the physical training and all men are required to take it.

In conclusion, may I be spokesman for the Rocky Mountain Conference, which practically controls the athletics of the eighth district? We come not as Greeks bearing gifts, but as those rendering unto Cæsar the things which are Cæsar's. For six of the fourteen years of existence of the National Association, the eighth district has had an intimate relation with it, for during those six years the Rocky Mountain Conference has held a joint membership. We have profited by your experience, we have been able to overcome opposition because you had previously endorsed things for which we were standing. We believe that the years of successful activity have more than justified the hopes of the founders, and that there is ahead a bigger and broader field of activity. May the next decade show an increasing portion of activity and influence!

#### NINTH DISTRICT.

DIRECTOR J. F. BOHLER, STATE COLLEGE OF WASHINGTON.

This district includes the states of California, Oregon, Washington, Idaho, and Montana.

A review of the athletic history in this section since the organization of the National Collegiate Athletic Association thirteen years ago shows marked progress. It was not until 1907, twelve years ago, that the first athletic conference west of the Rockies was organized. This conference, known as the Pacific Northwest Intercollegiate Conference, included as members the Universities of Washington, Oregon, and Idaho, the State Colleges of Washington and Oregon, and Whitman College. Eight years later the University of Montana was admitted to membership.

The Pacific Coast Conference was organized December 2, 1915, with the Universities of California, Washington, and Oregon, and Oregon Agricultural College as members. One year later Leland Stanford, Jr., University and the State College of Washington were admitted to membership. The circumstances that led up to the organization were these. Prior to this time California and Stanford, who had not been playing American football but Rugby, belonged to no conference. A break in athletic relations brought about by the fact that Stanford was unwilling to play American football and was not ready to accept the freshman rule, upon which California insisted, forced California to seek competition among the northern schools, and she, therefore, applied for membership in the Northwest Conference, with the understanding that that conference adopt the freshman rule, a measure which was to be considered at that meeting, but which failed to pass on account of the opposition of the smaller institutions. As a result the Universities of California, Washington, and Oregon organized the Pacific Coast Conference, and at the same session Oregon Agricultural College was accepted into membership. These northern institutions, however, retained their membership in the Pacific Northwest Conference. Two years later the Pacific Northwest Conference also adopted the freshman rule.

Prior to the organization of the first conference, each college governed the eligibility of its own players and formulated its own rules for athletic competition. Nothing prevented athletes from migrating from one institution to another. The college offering the best inducements naturally had the best teams. The organization of the schools in a conference, setting forth certain standards, changed all this. Each year new restrictions have been added, until at the present time, I believe, our standard in the far west is as high as anywhere in the country.

Several years ago the smaller colleges in southern California organized a conference of their own, and they have also attained a very high standard.

With reference to changes that the colleges in this district have made in line with resolutions adopted by this Association at recent meetings, I am glad to be able to report considerable progress. Four of the states have one institution apiece offering normal training work in physical education. Three have laws requiring physical education in all the public schools, as well as in the schools of higher learning. In the two remaining states, such laws failed to pass by a narrow margin. These laws in Washington and Oregon are not all that could be desired, yet we feel that we have made a beginning. At most of the colleges we are clamoring for new gymnasiums, athletic fields, larger teaching forces, etc., in order to do more effective work along intramural lines. In the west, however, we must exercise a bit of patience. The very rapid growth of our institutions has constantly neces-

sitated heavy building programs, so in many cases the gymnasium has had to wait its turn and we do the best we can with those we have.

Our conferences have gone on record as favoring intramural athletics, and all the colleges are stressing them more and more. The University of California has, without doubt, made most progress along this line. Professor Kleeberger, in charge of the work there, has outlined a series of physical and athletic tests, in which each student must attain a certain degree of efficiency in order to receive a credit. Reports from there indicate that this plan is more satisfactory and much more popular than were the older methods.

Whatever we have done in the far west in developing athletic teams—and I am convinced that our teams are the equal of any group in the country—has been done with small and comparatively inexpensive coaching staffs. The conferences several years ago ruled against summer or pre-season training camps. As to training tables, they never met with a great deal of favor, and at the recent session of our conference it was ruled that only the evening meal be allowed at a training table. Local conditions made this more or less desirable.

At the same session there was also passed a resolution encouraging, whenever possible, the abolition of the seasonal coach. With one exception the coaches are faculty members, and all but two of the present football coaches are hired for the year. It has been comparatively easy for us to fall in line with the reconstruction attitude of intercollegiate athletics because we have never been financially able to approach in any sense the elaborate scale that has been employed by many of the older and richer institutions to develop teams, with their training houses, splendid facilities, their host of coaches, trainers, and doctors.

I also desire to report to this body the attitude of our conference toward the intersectional games as arranged during recent years by the Pasadena Tournament of Roses. We are very glad for the opportunity for comparison that these games afford, but as a conference we are opposed to the commercializing of the game as is being done by the present management. We also object to the method of selecting the western team, and have, therefore, ruled that hereafter the conference select the team which is to represent the west in such a contest, and that this team arrange the details of the intersectional contest. On account of climatic conditions on the coast, a post-season game can be played in any of our coast cities. The reason we desire such games, annually if possible, may be a selfish one. Because we are so far away from the center of things, athletically speaking, we know that our only hope of getting on the athletic map is to play representative teams from the east in these intersectional contests.

## REPORTS OF STANDING COMMITTEES.

### I. FOOTBALL RULES COMMITTEE.

Partly owing to war conditions, and partly to the fact that there seemed to be no necessity for any modifications in the rules governing the game of football, there have been no meetings of the Rules Committee during the past two years. During no two years in the history of the sport, however, have anything like the same number of men been actively engaged in playing the game. During the season of 1918, football was played not only at the colleges but at practically all of the camps and cantonments. The season of 1919 demonstrated the widespread popularity of the game as never before, and it is safe to say that in the season just closed there have been more intercollegiate, more interschool, more intramural contests throughout the country than have ever previously taken place in one season.

Under these circumstances the last two seasons have provided the football rules with an acid test, and the result has been distinctly satisfactory. It is not many years since the great game of American football was at the point of being abolished at many of our leading institutions. The game had become dangerous, the spirit in which it was played was becoming less and less sportsmanlike, the close formation and the style of play all tended to invite the use and prevent the detection of unsportsmanlike tactics and unfair methods. Furthermore, between evenly matched teams it was likely to be impossible for either to score, and as between teams of institutions of varying numerical strength, the team which represented the larger institution was almost certain to win. The premium was increasingly being placed upon weight and force, and decreasingly upon speed and skill.

Your committee undertook to rescue the game of football and to restore it to a position of permanent tenure as the greatest of college sports, by a gradual modification of the rules which would eventually bring about a more open game and provide an opportunity for eliminating the unfavorable features which had developed under the old rules. To change from a very close game to an open game and at the same time to eliminate the evils and preserve all the best features of the game obviously could not be accomplished by one single piece of legislation. The proposition was a complicated one; it was necessary that progress should be gradual, and that there be more or less experimentation in actual practice. This experimentation was practically concluded, and the changes in the rules completed, in the year 1916.

Since that time there have been no substantial changes in the rules, and the coaches and players have had an opportunity to devote their entire time to the development of the game under standard rules, and have not been called upon to spend part of

their time in adapting the game of the previous season to changes in the rules made between seasons.

The Rules Committee feels that all of the present evidence tends to confirm the belief that the process of changing the football rules has now been completed, that an open game has now been established, and that, so far as it can be accomplished by rules, the unnecessary hazards in the game have been largely eliminated. An open game has been developed which puts the premium on speed and skill, has to a large extent reduced the premium on weight and force, and has entirely eliminated mass play. We now have a game in which the smaller institution has an opportunity to enter the intercollegiate football arena on some other basis than simply as a practice team for larger institutions. In other words, the interest and the possibilities of the game have been diversified and very materially increased.

The Rules Committee, I believe, is practically unanimously of the opinion that the only changes that are likely to be necessary in the rules in the near future are trifling and incidental rather than fundamental. Under these circumstances, your committee hopes that the members of the Association will feel that the general objects and purposes of the fundamental changes in the football rules have been accomplished, that further fundamental changes at this time are neither necessary nor desirable, and that the influence of the Association may be directed toward creating a sentiment against all tinkering with the rules and against the making of any further changes, the necessity for which is not clearly apparent.

E. K. HALL,  
*Chairman.*

Because of lack of time, the reports of the other standing committees were deferred until the evening session.

#### MISCELLANEOUS BUSINESS.

On recommendation of the Executive Committee, it was voted to hold the next convention in Chicago, in December, 1920, the exact date to be fixed by the Executive Committee.

The following committee was appointed on extending the influence of the Association: Dr. T. A. Storey, College of the City of New York; Dr. J. E. Raycroft, Princeton University; Dr. J. H. McCurdy, International Y. M. C. A. College; Professor J. L. Griffith, University of Illinois; Professor R. H. Motten, Colorado College. To that committee was referred with power the question of organizing a survey of physical education departments in the colleges and universities of the United States, to be made if possible by some outside agency, such as one of the existing educational foundations, or, if this proves impossible, by the Associa-

tion itself, which hereby agrees to provide funds for the purpose so far as its resources permit.

On recommendation of the Executive Committee, the following resolution was adopted:

**RESOLVED**, that this Association recommends that its members schedule games hereafter with those institutions only whose eligibility code is in general conformity with the principles advocated by this Association, such as the freshman rule (for either a year or a semester), the one-year migratory rule, the limitation in years of athletic participation, and the amateur rule.

#### REPORTS OF SPECIAL COMMITTEES.

##### I. ON THE FEDERAL TAXES UPON ADMISSION TO COLLEGE GAMES.

Professor Griffith reported the changes that had been effected by the committee in the revenue laws during the past year, and explained how members of the Association might proceed to make a claim for refund of taxes already paid. By a show of hands, it appeared that only one member of the Association was now paying taxes on admission to college games, whereas a year ago such taxes were being collected, contrary to the intention of the framers of the law, from a large number of institutions.

Because of lack of time, the reports of other special committees were deferred until the evening session.

The convention took a recess at 5 p.m.

#### EVENING SESSION.

The convention reassembled at 8 p.m.

#### REPORTS OF STANDING COMMITTEES.

##### II. CENTRAL BOARD ON FOOTBALL OFFICIALS.

It is in the mind of your chairman of the Central Board on Officials to discuss very frankly the situation of football officiating in the hope of provoking a helpful and suggestive discussion.

The Central Board was created in 1905 for the purpose of assisting the Rules Committee in securing the proper interpretation and administration of the football rules, then much revised. Gradually its field of usefulness increased to include organization of machinery for the selection of officials throughout the Eastern District and assistance in other sections, preparation of accredited lists, service in the adjustment and interpretation of doubtful points in official interpretation, and in general to act as the clearing house on official matters. Really underlying all this function was its purpose of promulgating a spirit of fair play and sportsmanship in collegiate football.

Frankly, to-day your chairman feels that the Board is somewhat failing in this function, and for these reasons. We have seen this fall an almost unprecedented revival of football spirit and interest; the attendance and financial receipts of football have been surpassingly large; two years of war disorganization and the somewhat hectic reaction of this revival and intense rivalry in reorganization have apparently dulled the spirit of fair play toward official and appointment, and from our standpoint reflected on true sportsmanship. Its evidence is an ungraceful acceptance of defeat and failure to support fair and impartial officiating. This attitude would seem to be too closely linked with the professional side of coaching. We do not wish to be misunderstood; never has the Board been more graciously met by graduate managers; never has there been a higher grade of work administered by football officials; yet never have there been so frequent efforts to displace tried and true officials by frenzied and disappointed professional coaches. And we note another tendency: while there is a considerable group of high class officials whose interest is only that of college sportsmanship, the mercenary element is increasing.

It seems to the chairman that we are facing shortly two alternatives: First, to let the Central Board evolve into a simple clearing house for the selecting of officials. Its present budget of \$2,000 for secretaries and stenographic salaries, stationery, printing, telephone, telegraph, office rent, etc., is little compared with the amount of football financial receipts to-day, but too much for simple clerical work. Or, second, supported by responsible representatives from each college and institution in this body, let it raise the standard of officiating and increase the dignity of an official by making him an honored guest of the institutions competing; let it become authoritative enough to make neutral appointments and adjust disagreements; let it foster, as intended, real football sportsmanship, and that only. Perhaps the time will come when officials will care to referee and umpire the culminating games of the season simply for the honor there is in it.

In closing, let me mention that the active work has been carried on during the past year by the secretary, Dr. H. W. Taylor, and also call your attention to the appended data.

#### STATISTICS FOR 1919.

	1918	1919
Number of college letters received .....	237	328
Number of letters written to colleges .....	325	330
Number of letters received from officials .....	346	465
Number of letters written to officials .....	200	475
Additional and circular correspondence .....	1200	1500
Notification and appointment cards .....	500	1450
Number telegrams received .....	166	396
Number telegrams sent .....	115	375
Time covered by Central Board work .....	8½ mos. 8 mos.	

#### Data on Schedules.

	30	38
Number of colleges regularly using service .....	30	38
Number of colleges occasionally playing under Board appointments .....	28	29
Schools using service occasionally .....	20	30
Freshman teams using service occasionally .....	0	5
Western teams using service occasionally .....	2	3
Southern teams using service occasionally .....	2	5

#### Data on Appointments.

Number of appointments originally requested by colleges and sent out in September .....	565	742
Number of final college appointments .....	198	16
Number of final freshman appointments .....	0	16
Number of final school appointments .....	24	75
Number of service appointments .....	48	25
Total number of final appointments .....	270	858
Number of different officials used .....	176	11
Maximum number of appointments for one official		

#### Data on Fees.

Highest fee .....	\$75	\$100
Lowest fee .....	5	5
Number of games paying highest fee .....	1	6

#### Grading of Fees.

Larger colleges:		
Minimum .....	\$15	\$15
Maximum .....	50	100
Smaller colleges:		
Minimum .....	5	5
Maximum .....	25	50

#### Data on Officials.

Number of officials on Central Board list .....	281	447
Number on service list .....	72	30
Number of applications accepted .....	32	30
Number of applications rejected .....	21	8
New applications not acted upon .....	25	84
Men used not on list .....	0	3
Number on western list .....	176	176
Number on Missouri Valley list .....	109	109
Number on Ohio list .....	144	144
Number on southern list .....	34	34
Number on colored list .....	9	9
Number on southwestern list .....	56	50
Number on southern California list .....	32	32
Total number on all lists .....	1008	1132

J. A. BABBITT,  
Chairman.

### III. BASKET BALL RULES COMMITTEE.

During the past few years the rules for basket ball have gradually become stabilized. Players, coaches, and officials all over the country have arrived at something very near a common understanding on the spirit and essentials of the game. The number of criticisms and suggestions submitted in answer to the annual questionnaire has constantly dwindled from year to year, in spite of the fact that the Rules Committee is in correspondence with basket ball authorities in widely separated parts of the country.

This very desirable state of affairs is due to two main factors: (1) the conferences for the study of the rules held annually in various parts of the country, and (2) the teamwork among the three great amateur organizations that are represented in the joint committee.

All the evidence at hand seems to justify the conclusion that the game is in a most flourishing condition and that its popularity is increasing rapidly, due to the growing realization of its value and usefulness under varying conditions.

Basket ball was, next to baseball, the most popular of the organized team games played in the army. This fact is in itself prophetic of a still greater growth during the immediate future, since the soldiers will practise at home the games they learned in the army.

The changes made in the rules this year are in the main those that clarify and restate existing rules without introducing radical changes. Those that have been made are self-explanatory.

The plan which has been in practice during the past three years of organizing the Basket Ball Rules Committee into two sections is good in principle, but has not worked as well as it was hoped that it might, because of the conditions incident to the war. The first section is the Conference Committee of four men who, in addition to their knowledge of the game, are so situated as to be able to meet similar groups from the Y. M. C. A. and A. A. U. for the purpose of making such changes in the rules as may seem desirable. The second section is the Advisory Committee, composed of twelve men who are leaders in basket ball in widely separated parts of the country, and through whom it was hoped that the work of standardizing the administration of the rules might be more easily and quickly accomplished. It is recommended that this plan of organizing the representatives on the Basket Ball Rules Committee be continued for further trial.

You will be interested to know that the professional leagues have adopted most of the rules which have been promoted by the College Committee during the past six or eight years. I am not sure at the moment whether this is an advantage or a disadvantage, because so much depends upon the spirit in which the rules are administered and the game is played.

An unusual number of conferences have been held this year under the supervision of the members of the Rules Committee in all parts of the country. These conferences are of the greatest value in raising the standards of the game and in keeping the game on pretty much the same plane all over the country.

The interest in the game this year seems to be even greater than usual, and the prospects for a successful season are unusually bright.

JOSEPH E. RAYCROFT,  
*Chairman.*

### IV. COMMITTEE ON TRACK RULES.

The Track Rules Committee reports that 1919 was a most successful year in this branch of sport, and the committee believe that the coming year, with the incentive given by the Olympic Games, will be the greatest in its history.

For the purpose of improving the sport, as well as to increase its popularity, the committee recommends that the following suggestions be printed with the rules:

1. That, wherever possible, coaches and managers increase the field of starters in all events, and limit the number of events in which any one man competes.
2. That contestants be reminded repeatedly that staggering and falling on the track in distance runs is bad for the game, and that it means only one of three things—either the contestant is not in condition, it is a "grand stand play," or it is an accident,—and the latter is the only one excusable.
3. That the games committees strive to conduct their meets on a time schedule; two hours for dual meets, and three for larger meets, is all that should be required.
4. That coaches and trainers aid in improving the sport by having their men ready, in clean, neat-appearing uniforms, and by observing the spirit of the rules.
5. That, wherever possible, a meeting of officials be held and given instructions regarding their duties.

The committee further recommends that the Publication Committee print the rules as revised with the following chapters:

1. Suggestions for improving track and field athletics, and adding to their popularity.
2. The rules as revised.
3. Suggestions for conducting meets.
4. Rules for cross-country running.
5. Athletic events, physical efficiency tests, and group games.
6. Records of various conferences, with pictures taken in meets of organizations in this Association.

With reference to the rules, the committee recommends only such changes as are manifestly needed to improve the sport and

standardize records. It has striven at all times to work for uniformity, both national and international.

FRANK R. CASTLEMAN,  
*Chairman.*

#### V. COMMITTEE ON ASSOCIATION FOOTBALL.

The report on association football (soccer) will be made largely on the basis of replies to a questionnaire sent out, containing these five important queries:

1. How much soccer has been played in and about your institution since January 1, 1919?
2. Is the public estimate of the game higher or lower than a year ago, in your opinion?
3. Has the increase or decrease been specialized, as for example, among college boys, schoolboys, or club boys?
4. Can you name three important soccer authorities in your locality?
5. What soccer propaganda would you suggest for the use of the National Committee?

Forty-two replies were received to the questionnaire.

1. As to the amount of soccer played during 1919, replies indicate a slight increase over previous years.
2. Public opinion holds the game in more favor, principally, however, among the schools.
3. Increase has been in order: First, among clubs and outside teams; second, among school teams; and third, among colleges.
4. From names submitted, a valuable list of prominent soccer authorities has been obtained.

5. Suggestions for propaganda include publicity, distribution of manuals, coaches' conferences, and the public press.

In closing, we present the opinion of many that soccer should be adopted in the required physical work curriculum as furnishing intensive and highly coördinating exercise as well as recreation.

The chairman has not been insistent on obtaining a meeting of the committee, as there seemed little business to transact, and the college world has been engrossed in reëstablishing its regular football program after the war interruption. If the effort, as suggested previously, of the national body to introduce and establish an all-sports program throughout the colleges be successful, soccer will have a more important field. During the two years' absence of the chairman in Europe, Dr. Orton has administered the detailed work of the Soccer Committee, issued the Rules Book to schools in considerable quantity, and acted in an advisory capacity.

J. A. BABBITT,  
*Chairman.*

#### VI. COMMITTEE ON RULES FOR SWIMMING AND WATER SPORTS.

Six years have elapsed since in December, 1913, the National Collegiate Athletic Association appointed its first rules committee for swimming and water games. While there was a struggling yet growing interest in the intramural and intercollegiate swimming activities at that time, no standard conditions of competition prevailed. About the only swimming rules available were those of the Amateur Athletic Union, which code, however, was unsuited to collegiate and scholastic needs and, furthermore, the colleges had no voice in its formulation.

To remedy this situation as well as to develop swimming in its larger educational aspects, our committee was appointed. This appointment marked a new departure for the Association, since, for the first time in the history of the National Collegiate Athletic Association, a rules committee was definitely charged to devote its attention beyond the usual competitive field. Besides formulating rules for swimming and water games, our committee was instructed to develop the larger educational aspects of swimming activities, covering such work as the best methods of teaching form swimming, graded swimming, diving, and water games, as well as methods of life-saving.

In December, 1914, our committee made its first report, submitting a tentative code of rules for swimming and water polo which had been formulated after conferences with leading members of the Eastern Intercollegiate Swimming Association and the Western Intercollegiate Conference. The rules in this suggested form were adopted by the National Collegiate Athletic Association, and the committee instructed to continue the work of standardization.

In December, 1915, the committee was able to report:

1. The completion of a standard code of rules for competitive swimming, water polo, and water basket ball, including a standard program and order of events.

2. With a few minor changes these rules were adopted and used as the official standard playing rules of the Eastern Intercollegiate Swimming Association, Western Intercollegiate Conference, Pacific Coast colleges, and the New England colleges. Also all interscholastic championship meets of which we secured records, and many dual meets, were conducted according to our rules.

3. The first Intercollegiate Swimming Guide was compiled and published containing, besides the standard rules for swimming, water polo, and water basket ball, the usual reviews of current swimming activities, and special articles on educational aspects of swimming, chief of which were "Rules for Form Swimming" and "A Symposium on the Crawl Stroke," to which a number of the leading swimming experts of the country contributed.

In 1916 we reported:

Favorable results of the rules, showing practically complete adoption by all colleges and schools interested in swimming.

Further perfection of rules as a result of replies to questionnaires which our committee sent out.

A study of the swimming and life-saving requirements of the schools and colleges.

The formation of a directory of swimming and water sports for schools and colleges.

Publication of the second Intercollegiate Swimming Guide, special educational features of which were "A Symposium on Training for Speed Swimming" and a report on "Swimming and Life-Saving Tests of the Schools and Colleges."

In December, 1917, our report indicated:

The establishment of a joint rules committee relationship with the swimming committee of the Y. M. C. A.

The adoption, with minor modifications, of the National Collegiate rules for swimming, water polo, and water basket ball as the common standard for both organizations.

The adoption of the Y. M. C. A. rules for high diving and water baseball.

The further utilization of the coöperation of swimming experts by the appointment of subcommittees on records, water polo, water basket ball, and water baseball.

The publication of a new and enlarged Swimming Guide as the common handbook of both organizations.

In 1918 we reported:

A great reduction in competitive swimming activities, due to financial difficulties and uncertainties of college enrollment arising from the war.

Reports, however, from the various districts of our Association and the Y. M. C. A. showed our joint rules meeting with quite general satisfaction.

As a result, no general committee meeting was held and no changes in rules were effected.

With no changes in the rules and with a very uncertain outlook for college swimming, it was decided unwise to issue the Swimming Guide at that time. It was voted, however, that the records and material which had been assembled should be preserved and issued when the publication of the Guide would be resumed.

Our joint relationship with the Y. M. C. A. has clearly broadened our sphere of usefulness and stimulated our work in many ways. Furthermore, this relationship should be extended to include the American Red Cross, which organization is doing a splendid work in promoting on a broad scale the teaching of swimming and life-saving.

A preliminary meeting of the chairmen of the three swimming

committees concerned indicated that this extension of our joint committee would prove helpful to each of the three organizations.

The year 1919 has been marked by renewed activity on the part of our committee. On March 28, 1919, our executive committee met with that of the Y. M. C. A., at which meeting we invited to membership in our joint association the swimming committee of the American Red Cross. This invitation was accepted. The results of this meeting may be summarized as follows:

Including the American Red Cross in membership in our joint organization.

Changing the name of this enlarged joint organization to the American Swimming Association.

Reorganization of our subcommittees, and the addition of a subcommittee on diving and another on life-saving.

The unanimous adoption of the Shafer method of resuscitation as the best method of artificial respiration.

Decision to resume the publication of the Swimming Guide (our chief means of contact with all who are directing the swimming activities of the country).

For some time our joint committee had felt the need of a more distinctive name for our joint association. The matter was fully discussed, and on motion it was unanimously decided to change the name of our joint organization to that of the American Swimming Association.

The adoption of the Shafer method of resuscitation as the standard method of artificial respiration was unanimous. It was reported that every year about twenty thousand people of the United States lose their lives from drowning, gas asphyxiation, electric shock, etc., many of which cases might be saved were adequate means of artificial respiration at hand. The Shafer method has been demonstrated to be far superior to all other mechanical or artificial methods which have been devised. In fact, if properly carried on, it is even more effective than habitual natural breathing. This method is simple of operation, is easily learned by any normal youth or adult, and should be taught to the exclusion of all other methods. According to the report of the Third American Commission on Resuscitation, the pulmator, the lungmotor, and like mechanical appliances, are as yet of doubtful value, and their use should be restricted to laboratories and hospitals, and then only under the supervision of physicians.

A new subcommittee on diving was appointed to carry on the projected work of analyzing the various possible dives in fancy diving. The following experts were appointed to serve on this committee: R. F. Nelligan, chairman; B. Deane Brinck, Frank J. Brunner, Albert D. Downs, Frank J. Sullivan.

A few years ago Mr. Sullivan made an important beginning on this work in an article on "Instructions to Divers and Judges of

Fancy Diving." This noteworthy article has since been adopted by the committee as an important supplement to the rules. This year another article on "How to Judge Fancy Diving" by Dr. Matthew C. O'Brien marks another step in the standardization of this important work.

A special subcommittee on life-saving was also appointed, with W. E. Longfellow, of the American Red Cross, as chairman, and with G. B. Affleck, B. Deane Brinck, Col. Harry S. Hayward, and F. W. Luehring as additional members. This committee is making a special study of the various life-saving tests of this and other countries: those of the Royal Life-Saving Society, the American Red Cross, the Y. M. C. A., the leading colleges and schools of the United States, the New South Wales Surf Bathing Association, the Massachusetts Humane Society, English and American Boy Scouts, standards for New York City employees, and various summer camp associations are already under consideration. Out of this mass of data it is hoped that the committee will be able to organize a set of standard graded tests suited for juniors, seniors, and experts.

This year every effort was put forth to issue the Swimming Guide again. However, after months of uncertainty due to the printers' strike, the American Sports Publishing Co. finally decided that it would be impossible for them to publish the book. The executive committee of the American Swimming Association, on the other hand, felt that, inasmuch as swimming and life-saving activities were pursued the year round, and in war time as well as in peace, the work must go on, and the publication of the Guide be resumed. Arrangements were therefore concluded in the early part of December, 1919, with Thomas E. Wilson & Co., of Chicago, to publish the Guide for this year. Although the current swimming season was well under way when negotiations on this subject were opened with our new publishers, they undertook the work with the greatest energy and enthusiasm. In spite of the long delay and late beginning, the committee is glad to report that the publishers fully expect to be able to have the Guide on the market by the middle of January. This makes the book appear on the market about two weeks later than usual, a delay which we tried hard to avoid, but which must be charged to the printers' strike and other related unsettled conditions. To offset this disadvantage, the editorial committee in conjunction with Thomas E. Wilson & Co. are developing a scheme which is calculated to result in a more rapid and more complete distribution of the completed Guide.

Reports from our various district representatives indicate a rapid return to normal conditions, with every prospect for a much enlarged participation in swimming and life-saving activities of all kinds. Quite a number of colleges and schools are reported to be taking up swimming for the first time. The larger

college swimming organizations, notably the Eastern Intercollegiate Swimming Association, the Western Intercollegiate Conference, and the Pacific Coast colleges, all report a much increased interest in competitive swimming, as well as increased growth of membership. Swimming as an essential part of physical education is also advancing steadily in schools, colleges, Y. M. C. A.'s, and summer camps. The time is already at hand when at least a minimum requirement in swimming and life-saving, with the possible inclusion of the Shafer method of resuscitation, will constitute an indispensable part of a complete physical education.

The above review of the six years during which your committee on swimming and water games has been in existence shows that the following results have been achieved:

1. The standard rules which were formulated have been adopted as the regular standard governing competitive swimming activities in colleges, schools, Y. M. C. A.'s, and American Red Cross life-saving corps. Also, our rules have been used as the standard governing swimming activities in army camps, naval stations, and numerous summer camps.

2. Through the medium of the Swimming Guide an educational campaign has been carried on in form swimming, speed swimming, life-saving, diving, and water games, which has made itself felt towards the end of a more thorough and balanced treatment of swimming activities in the physical education programs of the schools and colleges and summer camps.

3. Through the formation of the American Swimming Association we have extended the scope of our field, so that we now have established contact with 54 colleges, 102 schools, more than 450 Y. M. C. A.'s, over 30 summer camps, and numerous branches of the American Red Cross life-saving corps.

For the coming year your committee recommends:

1. Special emphasis on the work of completing national, standard graded life-saving tests.
2. Continuation of the work of analyzing the various possible dives in fancy diving.
3. More complete standardization of the conditions governing the establishment of records in speed swimming.
4. The inauguration of a campaign of education showing the value of swimming activities as an indispensable part of a complete system of physical education.

F. W. LUEHRING,  
*Chairman.*

#### VII. COMMITTEE ON VOLLEY BALL.

The committee met and revised the rules, with the coöperation of three men who had had wide experience with the game in different parts of the world where it has been developed extensively.

I hold in my hand the printer's proof of the new rules, which are ready to be printed and will be available within a short time. The book will contain the revised rules, and an explanation of the changes in the rules, with general comments on volley ball in the colleges. The following are some of the chapter headings: Volley Ball for Industrial Workers; Volley Ball for Women and Girls; Volley Ball in Greenwich, Conn.; Volley Ball in the American Expeditionary Forces; Volley Ball in Uruguay; Volley Ball in Italy; Introduction of Volley Ball among the Sub-normal Soldiers of Italy; Volley Ball in the Orient; Volley Ball in India; Volley Ball in Siberia: Introduction: the spirit of the game, types of players, teaching the game to beginners, number of players and position of players, serving the ball, playing the ball, angle passing, high spots in the rules, common mistakes made by players, and simple rules of training.

I will read the paragraph on volley ball in the colleges.

"Volley ball is more or less new in the colleges. It has been played for years as a recreative game, but it has not been taken up as a competitive sport for intercollegiate competition. The development of volley ball as an intercollegiate sport will be hindered by the traditions surrounding the well-established games. Another obstacle is the lack of ground and floor space. The present rapid development of prescribed physical education in colleges offers a splendid opportunity to introduce volley ball, because this game embodies the recreation desirable for all students. It is simple, and capable of being played by a large number of individuals in a small space."

I might add that this year we had physical education required of sophomores at Columbia University, and because of lack of space we had to conduct the physical education in the grove outside of the gymnasium, a space that is filled with trees and with the clear spaces rather small. The grove had been considered as sacred ground, but on account of the rapid growth of the institution and the limited athletic field facilities, the trustees had to make the concession of allowing us to use the grove for athletic purposes. We found several places between the trees where we could lay out volley ball and basket ball courts. I do not think that any of the sophomores had ever played volley ball before, and they were indifferent to the game when we first introduced it to them; but inside of two weeks they developed so much interest that they actually preferred volley ball to basket ball, and before the two months' outdoor season was over, we had a large number of students very enthusiastic volley ball players. We are now playing the game indoors, and if we could only provide enough courts, we should have a large number of students playing it voluntarily.

I certainly hope that many of the directors here, who are wrestling with the problem of getting up a varied program of simple

games for the prescribed work of physical education, will give the game a trial. With the simple rules that will soon be made public, and with all the explanations, it is very easy to introduce the game, even if the directors do not know the game themselves—that is, have never seen it played.

I had the privilege of introducing this game to the French soldiers. We introduced both basket ball and volley ball, and the latter was by far the most successful with the French soldier, chiefly for the reason that it is so simple that anyone can learn to play it in one or two sessions so as to enjoy it. It is a good all-round game.

G. L. MEYLAN,  
*Chairman.*

#### VIII. COMMITTEE ON PUBLICATION.

The Committee on Publication has held no meeting during the past year. It has, however, transacted a certain amount of business by correspondence, the most important of which is the arrangement by which the firm of Thomas E. Wilson & Company is authorized to publish the Swimming Guide.

This action was taken because of the uncertainty in the publishing field in this part of the country, due to the printers' strike, and the consequent inability of the American Sports Publishing Company to get out the Guide. This was regarded as a serious matter, inasmuch as the Guide was not published last year because of war conditions, and because of the greatly increased interest in swimming activities of various sorts and the consequent need for an official publication which would serve to direct these activities along right lines in all parts of the country.

This raises the question which we considered somewhat at length at the meeting held in Chicago some years ago, as to the advisability of finding means for publishing all the rules formulated by committees representing this organization under the immediate direction of the organization itself. This committee believes that the time has come when serious consideration should be given to this question, and that steps should be taken, if at all possible, to publish under our own name a Handbook which shall include rules of all the games that are used in intercollegiate contests, and which may be issued in the form of separates containing the rules of each game.

If this suggestion meets with your approval, it is recommended that authority be given to your Publication Committee to make a careful study of the question for the purpose of bringing about the publication of such a Handbook, if it should be found possible. If the organization approves of the general plan and it is found possible, authority should be given the Executive Committee to

approve of the publication of a Handbook of Rules by the Publication Committee.

JOSEPH E. RAYCROFT,  
*Chairman.*

#### REPORTS OF SPECIAL COMMITTEES.

##### II. COMMITTEE ON EXTENDING THE INFLUENCE OF THE ASSOCIATION.

The committee met in January to lay plans for the work of the year. One of the members was not able to be here, so we met with Dean Nicolson and Professor Savage of the Physical Education Service Bureau. It was decided to send out to all the members of the Association a statement of the resolutions passed by this Association in 1918; further, to send out a resolution, also passed by this organization, relative to encouraging the teaching and training of physical education teachers to meet the demand created by the increased demand of physical education because of the lessons of the war. Those things seemed to be, first of all, the most important that the committee could do.

In the second place, the committee agreed with the principle stated by General Bullard this morning that it would not only have to make plans, but should try to carry them out. Consequently a plan for physical efficiency tests, to try to stimulate interest along the lines that we have been talking about the last two years, was proposed, and we sent out the physical efficiency standard and test that most of you received. This test was, for the most part, very successful. A good many institutions had their freshmen take part in the test, and some very interesting figures came in as a result. The greatest value lay in the fact that the tests were held not once only, but that a great many of the institutions plan to hold them again this year, and perhaps the succeeding years. The result of the test, as you perhaps remember, was that Amherst College had the highest record, Oberlin second, Wesleyan, Hamilton, and Williams next. These were the highest institutions that sent in their records at the time this report was published. The result of the test was then sent out by the committee to all the members of the Association, and that closed the work of the committee for the spring and winter.

The committee met at different times with members of the Bureau of Physical Education Service, and tried to coöperate with them in the great work that they were doing in trying to promote physical training throughout the nation, and especially in the attempt to encourage legislation that physical education be made compulsory in the secondary schools. The committee, while it had nothing to do with it, was heartily in sympathy with the work

that this other committee was doing in the line of securing federal legislation, and heartily endorsed all that that committee has done; and I think I speak for all the members of this committee when I say that we hope that the other committee will be continued, and that all our members will be sufficiently interested to coöperate with them when the time comes to lend influence wherever possible towards helping them in the great work they are endeavoring to perform.

The committee feels that it was not able to do all the work it wanted to do along this line, and it planned this fall to try to check up, and see how much progress had been made during the year along the lines of extending general physical education. A great many interesting reports were received, but it was not possible to get reports from all the members of the Association. The committee for next year will find that a very interesting and necessary piece of work to do early in its régime. I believe that if we had the sum total in the shape of figures before us of the increase in physical education, both in quantity and in quality, we should have some very gratifying results.

The committee feels, from the reports that have been made to-day, that one of the first things that ought to be done is to state the aims and purposes of physical education in the colleges of America. The Society of Directors of Physical Education of the Colleges of America has undertaken to prepare such a statement, and I feel that one of the first things that the new committee should do is to see that that statement or a similar statement is in the hands of the various members interested in this line of work.

One of the things that was suggested last year as the line of work for the committee was that the members of the committee should attempt to meet with the faculty representatives of the different conferences in the country, with the idea of bringing to those men who were not present at the meeting last year, some of the ideals of this Association. I may say that it was not found possible to do this work. An increased committee next year, made up of men who for the most part are capable of presenting the aims and ideals of the Association, will probably be able to handle this important problem most efficiently. I believe this is one of the most important services that you gentlemen can render.

I have often thought that it was unfortunate that others doing the same work as we should not be able to get the value of the papers and discussion that are heard at this Association. Perhaps that is one thing that should be delegated to the committee. And as this work goes on, perhaps that will be one of the important things that will come out of the work of this committee for the extension of the influence of the association.

J. L. GRIFFITH,  
*Chairman.*

### III. BOXING.

The introduction of boxing into the colleges is a double problem. In the first place, the great problem is to teach a large number of men the rudiments of boxing. This has been done in various ways in a great many colleges already, and can very profitably be extended to others. At Pennsylvania we have always taken it as one part of the regular class work, using it somewhat in the manner of a gymnastic drill, giving the men the various leads and guards and shifts, and then hoping that their interest, or at least the interest of some of them, would be so stimulated that they would wish to graduate into the individual class, where they can get individual instruction, and so carry on their instruction in the art of boxing, and become good boxers. At the University of California this year they have over four hundred men who are taking boxing as an elective, and who are being taught in this mass way, and also in an individual way, as we know it has been carried on in the Naval Academy and other colleges.

But by far the greatest stimulus to the interest in boxing, and possibly the one thing that has made boxing prominent in the minds of college men this year, has been the impetus given by the teaching of boxing to the American Expeditionary Force.

We come next from class work to individual work; that is, the individual who wants to box for the sake of boxing as an exercise. As soon as we get into this stage, when practically every college has its boxing instructor, we at once come up against the question of rules of competition. Now, those of us who have the kind of taste that leads us to frequent the professional ringside have a very vivid picture of the way in which the average professional bout is conducted. And those of us who have seen contests conducted in the National Sporting Club in London I think have had our eyes opened to the way in which boxing can best be conducted. And with that picture, and with the picture of the work that has been done by the Commission on Boxing,—these two commissions coming together and formulating what might be called an international code of rules for boxing,—we have a splendid start; not only a start, but we have a practical basis for rules that have been made by the best brains of England, France, and America.

The chief modifications that have been thought of, or that have been approved,—the modifications from the ordinary boxing as we see it in this country,—have been practically four:

In the first place, the speedy and inexorable punishment of a man who fouls, by immediate disqualification.

Secondly, the making of clinching as a means of defense illegal. A man who clinches is warned, and if he repeats it he is disqualified. This produces an entirely different frame of mind in the boxer at once, for he does not rush into a clinch and hold,

knowing that he is safe from punishment at that time, and it changes his style of boxing. It makes a man box a good deal more foot to foot, and depend for defense on countering, slipping, ducking, and not on clinching.

Again, rounds have been shortened to two minutes, with a one minute rest, and usually a three round bout has been the regulation, with an extra round if necessary.

Finally, another, and very important, modification has been the method of judging and of awarding decisions, and that has been by two judges and a referee, the judges making separate reports; if they agree, that decides the bout; if they disagree, the referee may give the deciding vote, or, if necessary, order an extra round.

Intercollegiate competition, under these conditions, ought to have a new lease of life. We have had, at various times, attempts to revive this sport in an intercollegiate way, and only last year there was an intercollegiate competition held at Pennsylvania. I am sure that Major Pickering, who made the arrangements and who was responsible for the conduct of it, will be glad to give his experiences on that night. It was most pleasant, and went off in the best of spirit.

The dangers that we have to look for in intercollegiate boxing are, first of all, the dangers of the handlers of the men; and I believe it would be essential for us to insist that there be no second in the ring, upon the seconds being undergraduates in good standing, no professional coach nor professional fighter to be allowed to have anything to do with the bout, from the beginning to the end.

As a matter of fact, we shall have the same difficulty in boxing that there is in baseball, and that is that the highest standards of excellence are shown by professional exponents of the art.

Some time during his brief but brilliant career, Stanley Ketchell was on a theatrical circuit, meeting all comers for a certain amount each night. On one occasion he hurt his hand very badly, and had to meet a particularly tough opponent the following night. He was very popular with the company with which he traveled, and with the stage hands of the theatre. One of the stage hands saw his hand swollen, and he knew the kind of a man he had to meet; so before he went on he said to him, "Stan, that's too bad about your hand." "Yes, but I can't help it." "That's a bad man you've got to meet to-night." "Yes, I suppose so." "Well," he says, "if you get into any trouble, you just back him against the back drop here,"—and he reached down for one of those sand bags that they use to weight the back drop,—"and I will attend to the rest!"

The night of the bout Ketchell did get into trouble, and he backed his man into the back drop, the stage hand swung his trusty bag, and the man dropped. After he was brought to, with some difficulty, he said, "That Ketchell is a wonder. He swung right

around and hit me on the back of the head." That may have been very effective, but it is not the kind of boxing that we wish to introduce into intercollegiate contests.

I would recommend that the Association enlarge the committee, or form a new committee, and take the rules that have been formulated in the International Committee, and adopt them practically as they have been formulated, with such minor modifications as may be necessary for our competition.

R. TAIT MCKENZIE,  
*Chairman.*

**REMARKS BY MAJOR PICKERING:** In order to give the delegates here an idea of how we conducted the tournament at the University of Pennsylvania, I would say that after conference with our opponents, the Pennsylvania State College, we found that these were the points that had to be worked out for a bout of this sort.

In the first place, we have to be exceedingly careful about the ring. We found that it was better to have two-inch padding. You can make a good fast ring by taking gymnasium mats and covering them with canvas, pulled very tight and lashed down tightly on the sides. You must also be very careful about the ropes, so that when a man hits the ropes there is no danger of his going through.

In the second place, the War Department uses eight-ounce gloves to a great extent, but we found on talking to men in Philadelphia who had had a great deal of experience, as I myself found from my experience in the army, that, taking it all in all, the ten-ounce gloves were better. I talked with one man who had had a great deal of experience training amateur boxers, who told me that an eight-ounce glove was capable of being manipulated in such a way as to bring the knuckles through. I think that was all we had to consider in the way of equipment.

We found, as to officials, that it was necessary to have the very best referees for the success of the amateur sport. In the army, I saw thousands of bouts. I never saw, I can truthfully say, any man who was uncontrollably angry. I saw them box when the different units were out in full force to cheer their representatives; I saw them box when the feeling was very high; but I never saw an unfortunate incident in any boxing bout in the army, because they were carefully supervised by officers.

We selected the best men around Philadelphia, particularly men who had officiated at bouts in the Navy Yard. There were two judges, and if their decision was not unanimous, the referee decided, or ordered one extra round. The bouts consisted of three rounds, two minutes each, and one minute intermission.

As a result of the expectation of some intercollegiate competi-

tion, the number of men out for boxing has trebled in the University of Pennsylvania. In talking to the athletic directors of Pennsylvania State College, I find that this has been their experience, too. The same is true at the Massachusetts Institute of Technology, and at the Naval Academy. We are going to meet all those institutions during the next two months.

It seems to me that with proper safeguards, and the further development of the rules, intercollegiate boxing will become as much of a popular sport as wrestling.

I may add that we used six weights. The War Department uses the same weights, with the exception that they have one additional class, the heavyweight. We used the following weights: 115, 125, 135, 145, 160, and heavyweight. The War Department has a light heavyweight (175), and heavyweight (over 175).

There is one thing I would like to say to you who are going in for intercollegiate boxing, and that is as to training down to make weight. That is very generally done, and it is something that has never been regulated. I think, in taking up intercollegiate boxing, that this is a matter to which great attention should be given. It would be exceedingly unfortunate if men got into the habit of training down. I have discussed the subject with experts who say that that sort of thing, which a college boy might do for a day or so, would have no harmful effects, but I am quite sure in my mind that it is not a good thing. I heard of one case where a man for two days before a bout did not eat anything but toast and tea in order to make his weight. I rather think that we want to avoid that sort of thing in boxing.

Dr. McKenzie and I were both very much interested after having attended the bouts of the National Sporting Club in London. I was there on the night of the final bout of the interallied contests, when, through a series of a great many weekly tournaments, a number of English, Canadian, Australian, New Zealand, and American soldiers had come through to this final tournament; and consequently the place was packed to suffocation with thousands of soldiers, of all these different countries. Stationed at four different points in the club were four very dignified looking English gentlemen, who, whenever any applause would start, would simply rap for order, and everybody would stop. But as soon as the round was over, everyone would applaud as much as he pleased.

We were struck by this fact, and realized at how great a disadvantage a visiting team was, with thousands of partisans on the other side cheering their opponents, and the feeling it would bring about that the cheering helped to bring the men through. So we decided in our meet to try the experiment of having no applause. Dr. McKenzie left me that night, so that I had to get up alone before this crowd of boys, who were accustomed to applauding,

and explain this proposition to them. Well, they were pretty good for the first thirty or forty seconds, but just as soon as the boxers began to warm up a bit, they started to clap, and I had to hold up my hand; then they would laugh and stop it. After a few rounds, we got along very well. I suppose I was up perhaps four or five times that evening, but the comments on our attitude were very favorable. The spectators seemed to like it. They saw that they could enjoy the bouts very much better when some fellow next to them was not yelling in their ears.

The Association voted that the committee be enlarged by the appointment of additional members by the Executive Committee, and be authorized to proceed with the formulation of rules for intercollegiate boxing.

#### IV. COMMITTEE ON UNIVERSAL PHYSICAL TRAINING.

Just a year ago, in association with Professor Charles W. Savage, of Oberlin, I presented to this organization a brief communication introducing a series of four resolutions, one of which involved the appointment of a committee to put these resolutions into operation. The resolutions were officially approved by this Association, and a committee was formed, composed of Dean Frank W. Nicolson, Dean J. R. Angell, and myself as chairman.

I propose to read my last year's communication to you again. I want to recall to you your frame of mind of a year ago. I want you to remember the startling discoveries, the vivid judgments, and the serious programs that dominated your thought and your conduct consequent on the fearful experience of the Great War that had then hardly ceased.

My communication to you reads as follows:

"The disorganization of collegiate and intercollegiate athletics during the last eighteen months or more here in America has brought to this Association an opportunity, an obligation, and a responsibility.

"We of the National Collegiate Athletic Association have been concerned for these many years with an improvement of college athletics. We have found fault very profoundly with a large number of conditions that have grown up and dominated intercollegiate sport throughout this country. Strong men from college faculties, north, south, east, and west, have pointed out the need for change, and have made impressive recommendations which would lead to better, finer, cleaner athletic relations inside and outside of our American institutions.

"There never has been a time in the history of this organization when change could be more easily accomplished than now. There has never been an opportunity for reorganization and reconstruction such as now presents itself in the many colleges represented in this organization. It seems to me that we face an obligation and a responsibility when we survey this situation as individual colleges, and as a society made up of representatives from the whole group. If we resume the processes that we have condemned in the past, we of this Association, and the colleges which we represent, will have to acknowledge the blame.

"This is the strongest force and the most powerful body related to athletics in America. There is every reason to suppose that a united, vigorous, and determined policy on the part of this body will build up, on the wreck of conditions that have been, a future collegiate organization that will approach far more nearly the high ideals that have dominated the proceedings of the National Collegiate Athletic Association.

"The athletic and recreational history of this great war should be a compelling argument supporting us in a determination to make college athletics in the future operate for the mass of students and not for the team, operate more largely for sport and less completely for victory, and operate very much more largely for a democracy of activity than so definitely for the benefit of a few.

"There are now many forces in the field with which this Association could and should coöperate, not only for the benefit of the special interest that brings us together here as an organization, but also for the other intimately related activities of physical education. In my judgment, our policy at this time should lead us to take a national part for the establishment of better athletic procedures, and also for the establishment of a greater, larger, and more far-reaching program of physical education to affect our boys and girls in their scholastic years, as well as our students in their university and collegiate experiences. As an athletic association we cannot avoid our responsibility for the health values of athletics as a division of physical education, nor can we escape a responsibility for the quality of physical education in all of its divisions in the years that precede college life. The organizations, societies, associations, and the public-spirited individuals who have been concerned during the depressing years of this great war with the disturbing evidences on every hand of our neglect of physical education in the periods of childhood, youth, and young maturity, are forces with which the National Collegiate Athletic Association should join for the purpose of achieving a great and common objective. This obligation belongs to us not only as members of the National Collegiate Athletic Association, but also as patriotic American citizens concerned with the better training and the more effective conditioning of our youth for the exigencies and demands of maturity. We know that the right sort of athletic experience goes a long way toward building a rugged and enduring citizenship; and we know, too, that there are other elements in this training which belong to other phases of physical education which must not be neglected if we are to produce men and women which this country needs for peace problems as well as for its war problems.

"Within the last year the United States Commissioner of Education has stimulated the organization of a National Committee on Physical Education. This committee is now made up of representatives from more than fifty national organizations concerned with the conservation of child life, and with the consequent production of a vigorous and enduring citizenship. We are, and must be, a part of that committee.

"The Playground and Recreation Association of America has established a division of physical education for the purpose of coöoperating with this national committee in the prosecution of a state and national campaign for the purpose of securing congressional and state legislation in the interest of universal physical education. The success of this campaign depends upon a mighty piece of teamwork involving team play on the part of each and every organization and agency in this country that is concerned with these objectives. In my judgment, this organization of representatives from college faculties must and will participate effectively and vigorously in this big movement.

"Taking these various dramatic facts into consideration, I earnestly propose that it be therefore resolved by the National Collegiate Athletic Association:

"First: That a forceful letter, and such subsequent letters as may be necessary, be sent to the president of every college and university, and to the secretary of the board of trustees of every college and university in this country, calling their official, responsible attention to the practical ideals of this National Collegiate Athletic Association, emphasizing the relation of those ideals to effective citizenship, and urging upon those collegiate and university officials the importance of rebuilding their collegiate and intercollegiate athletics in conformity with those ideals.

"Second: That this Association shall make every reasonable effort to influence the Congress of the United States and the legislatures of our various states to enact laws providing for the effective physical education of all children of all ages in our elementary and secondary schools, public, institutional, and private, a physical education that will bring these children instruction in hygiene, regular periodic health examinations, and a training in the practice of health habits, with a full educational emphasis upon play, games, recreation, athletics, and physical exercise, and shall further make every possible reasonable effort to influence communities and municipalities to enact laws and pass ordinances providing for community and industrial physical training and recreative activities for all classes and ages of society.

"Third: That this Association shall make persistent effort to influence state boards of education, or their equivalent bodies in all the states of the United States, to make it their effective rule that on or after June, 1922, or some other reasonable date, no applicant may receive a license to teach any subject in any school who does not first present convincing evidence of having covered in creditable manner a satisfactory course in physical education in a reputable training school for teachers.

"Fourth: That this Association hereby directs and authorizes its president to appoint a committee of three to take such steps as may be necessary to put the above resolutions into active and effective operation, and to coöperate in every practical and substantial way with the National Committee on Physical Education, the division of physical education of the Playground and Recreation Association of America, and any other useful agency that may be in the field for the purpose of securing the proper and sufficient physical education, of the boys and girls of to-day, so that they may to-morrow constitute a nation of men and women of normal physical growth, normal physical development, and normal functional resource, practising wise habits of health conservation, and possessed of greater consequent vitality, larger endurance, longer lives, and more complete happiness—the most precious assets of a nation."

Pursuant to the first of these resolutions, your committee addressed letters to the president of every college and university, and to the secretary of every board of trustees in every college and university in this country, calling their official and responsible attention to the practical ideals of this National Collegiate Athletic Association. These letters were followed by other letters addressed to 155 of these institutions, constituting the membership of this Association.

The ideals of the National Collegiate Athletic Association were carried by quotations which we took from addresses that had been made from year to year before this body by its more prominent members. The quoted statement that brought back to us the largest return from our constituent colleges was a reprint of Dean Angell's "Brief Confession of Faith in Matters Athletic."

This confession of faith reads as follows:

"1. I believe in the intelligent control of the life of the body that it may be the obedient servant of the mind, and, in particular, I believe in physical exercise adequate in kind and amount to maintain health, develop physical and mental vigor, prolong life, and increase happiness. Therefore,

"2. I believe in the development of wholesome games and sports, particularly those that are conducted out of doors.

"3. I believe such sports should in and of themselves give real joy and recreation, and they should depend as little as possible upon extrinsic motives, such as social prestige, newspaper notoriety, and the like.

"4. I believe that these sports should be of a kind to develop both moral and physical courage and self-control, teach generous subordination of the individual, and train leadership and the sense of responsibility to the group. I believe that the motive of keen, honorable competition and rivalry properly controlled is one of the finest weapons in the moral arsenal.

"5. I believe that every man in a college group physically able to do so should be a participant in one or more of the college sports, and that he should chiefly follow those from which he gets real fun. I believe that not a few of these men will need special corrective exercises for specific physical defects, but this is a minor problem.

"6. I believe that the chief aim of college athletics should be the physical and moral improvement of the entire group, and especially of the less robust, rather than the production of a few highly trained semi-professionals.

"7. I believe that the habits of exercise and recreation cultivated in college should be explicitly taught with a view to continuation in after life. To this end, a measure of intelligent familiarity should be especially encouraged with such sports and games as can be pursued through middle age and beyond. If a fair degree of skill be not obtained in youth, it is far more difficult to secure it later, and its absence frequently serves to discourage learning.

"8. I believe there is such a thing as excessive exercise and muscular development, not only in the familiar form of overstrained heart, but also in a general hypertrophy of muscular tissue which, for men subsequently compelled to live a highly sedentary life, may be an asset of wholly doubtful value. Robustness, resistance, viability, rather than great muscular power, should be the general aim.

"9. I believe amateurism is an absolute essential to wholesome college games and that it means high-minded love of gentlemanly sport for its own sake.

"10. I believe professionalism consists of a spirit, a point of view; that it is decidedly frequent among nominal amateurs; and that it is by no means to be defined solely in terms of money value set on athletic services, although this is perhaps its commonest sign. Men who play for motives other than the love of the game, men to whom victory, however won, is the controlling end, are men already on the road to professionalism, men who have in some measure sacrificed their amateurism.

"11. I believe that a good deal of the professional training of athletic teams, particularly in football, has been grossly objectionable in overworking boys whose primary obligation is to the academic aims of the college. The result has often been that the boy has done neither job well—has been too exhausted to study, and too much disturbed at his class deficiencies to put his whole spirit into the games.

"12. I believe that any system which by its very nature encourages proselytizing among boy athletes in secondary schools is pernicious. I believe it is practically impossible to prevent such practices as long as the old ideals endure. As long as the colleges need the fees of students, perhaps proselytizing of some sort is inevitable. Certainly the line between legiti-

mate advertising and illegitimate proselyting is hard to follow in the moral twilight of college financial depression.

"13. As part of a system, however excellent certain individual representatives of the caste, I believe the high-priced temporary coach is inimical to the development of a permanently high tone in the athletic affairs of a college. Although the reasons for this are too numerous to detail, in general they derive from the inevitably selfish interest of the coach in a winning team, and from his relatively ephemeral interest in the good repute of the college.

"14. *Negatively:* I do not believe there is any obligation on the part of the college to furnish the general public with substitutes for the circus, the prize fight, and the gladiatorial combat.

"15. Despite the popular conviction to the contrary, I do not believe that there are convincing statistics to prove the supposed advertising value of successful athletic teams. Certainly many of the institutions which have grown most rapidly have not had successful teams, and, conversely, not a few which have been conspicuous in the athletic world have grown slowly or not at all.

"16. I do not believe the possible benefit gained by a few men trained for spectacular contests is an adequate offset for the time and money invested, the distortion of social and educational values, both inside and outside the college, and the unequivocal loss to the mass of the undergraduates arising from the concentration of interest in the athletic exploitation of a favored few.

"17. I do not believe in segregating men at a training table or in training quarters. Experience shows that it is not necessary in order to produce winning teams, and it also testifies to an inevitable distortion of values both for the men segregated and for the college community which countenances the practice."

This confession of faith was mailed to one hundred and fifty-five colleges, in company with a personal letter addressed in each case to the president of the college. Seventy-nine of our presidents wrote back expressing their hearty endorsement of Dean Angell's Confession of Faith. The presidents of four colleges endorsed the Confession in large part but not wholly.

Your committee also mailed to the one hundred and fifty-five colleges in this Association copies of "Athletics for Everybody and Everybody for Athletics," by President K. C. M. Sills, of Bowdoin College. Particular attention was called to the recommendations of President Sills, as follows:

1. That all coaching be done by men who have a permanent connection with the institution.
2. That money paid for coaching and athletic training be a part of the budget of each institution.

The replies of college presidents to this communication were most encouraging. Forty-seven announced that they had these rules already in effect or had made preparation to put them into effect.

Seventy-two presidents made no reply to any one of the several communications addressed to them by your committee.

In further pursuance with the resolutions governing its activities, your committee gave the Field Service of the Playground and Recreation Association of America all the coöperation it could in

its campaign for state and national legislation for universal physical education. A model state law on physical education was drafted, and letters were written to the chief educational officers of every state in the Union supporting this campaign.

Between the years 1916 and 1918, inclusive, compulsory physical education laws were enacted in eight of our states: New York, New Jersey, Rhode Island, Illinois, Maryland, Delaware, Nevada, and California. During the year that has just passed, six other states enacted physical education laws: Washington, Oregon, Utah, Maine, Michigan, and Indiana. These laws are in most part incomplete and not wholly satisfactory. They are, however, beginnings, and they represent a tremendous advance covered in a period of four years. A movement that reaches 29 per cent of our states in four years is an evidence of real progress. The work of this last year, considering all the obstacles that stood in the way, is remarkable. Mr. E. Dana Caulkins, of the National Physical Education Service, deserves great credit for this accomplishment. A more complete report on these activities may be secured through Mr. Caulkins, Room 309, Homer Building, Thirteenth and F Streets, Washington, D. C.

Your committee has coöperated further with a committee on national legislation, appointed by the National Committee on Physical Education. This committee on legislation is formulating a bill for presentation to Congress which is concerned with securing federal assistance to the states for the training of teachers, the employment of teachers, and the development and operation of programs of physical education.

Finally, your committee has been intimately related, through its chairman, with the work of the United States Interdepartmental Social Hygiene Board. One of the federal appropriations charged to this board is concerned with establishing or enlarging departments of hygiene in normal schools, colleges, and universities, "the curriculum of which shall include courses and conferences in informational hygiene, and courses, conferences, and training in the application of hygiene, emphasizing with appropriate and due proportion, and with proper tact and persistency, the serious importance of venereal diseases, their causes, carriers, and prevention, and emphasizing at the same time the other important facts and applications of general hygiene, individual hygiene, group hygiene, and inter-group hygiene."

The departmental organization proposed by this board includes courses in general hygiene, individual hygiene, group hygiene, and inter-group hygiene, the principles of physical training, health examinations, health conferences and consultation, physical training, including gymnastics, exercises, recreational games, athletics, and competitive sports.

It is obvious that the National Collegiate Athletic Association and the United States Interdepartmental Social Hygiene Board

have common objectives, and that the physical training, recreation, athletics, and informational programs of the two are the same. The Interdepartmental Social Hygiene Board is concerned with a special emphasis on the hygienic information, education, and training that will lead to the prevention of gonorrhea, syphilis, and chancroid. There is not a member of this great Association who is not in hearty accord with this objective, the accomplishment of which has so much to do with the conservation of national vigor.

During the last seven months the Interdepartmental Social Hygiene Board has assisted thirty-one normal schools, colleges, and universities in the establishing or enlarging of departments of hygiene in accordance with this program. Over \$200,000 has been paid out in support of this work. Over 20,000 young men and young women are receiving as a result better physical education, better health training, and better preparation for a clean, enduring, vigorous maturity because of this federal program.

In summary, I report that in conformity with the resolutions adopted by the National Collegiate Athletic Association one year ago:

First. Your committee has placed the ideals of the National Collegiate Athletic Association before every college and university president in the United States, calling their official, responsible attention to the practical ideals of this Association, emphasizing the relation of these ideals to effective citizenship, and urging upon these officials the importance of rebuilding their collegiate and intercollegiate athletics in conformity with these ideals. Your committee has accomplished this by communicating with the president of every college and university, and the secretary of every board of trustees in every college and university in the country.

Second. Your committee has made persistent effort to influence state boards of education or their equivalent bodies in all the states to make it their effective rule that on or after June 1922, or some other reasonable date, no applicant may receive a license to teach any subject in any school who does not first present convincing evidence of having covered in a creditable manner a satisfactory course in physical education in a reputable training school for teachers. Your committee has accomplished this by communicating on this subject with every chief educational officer in the United States.

Third. Your committee has coöperated with the National Committee on Physical Education, the Division of National Physical Education Service of the Playground and Recreation Association of America, and other useful national agencies in the field, for the purpose of securing a proper and sufficient physical education for the boys and girls of to-day. Your committee has accomplished this by making available to the field service of the

Playground and Recreation Association of America a model state law on physical education, by writing to the chief educational officer of every state in the Union, supporting the campaign of the Playground and Recreation Association of America for state and national legislation for universal physical education, and by coöoperating with the National Committee on Physical Education in formulating a bill for presentation to Congress providing for federal aid to states in the training and employing of teachers, and in the development and operation of programs of physical education.

Fourth. Your committee made every reasonable effort to influence Congress and the legislatures of the various states to enact laws providing for the effective physical education of all children of all ages in elementary and secondary schools. Your committee has accomplished this by means outlined in paragraph three, and also by means of the intimate relation maintained by this committee through its chairman with the work and activities of the United States Interdepartmental Social Hygiene Board, and the consequent establishing or enlarging by means of federal appropriations of departments of hygiene in normal schools, colleges, and universities.

#### *Recommendations.*

A year ago we were cheering ourselves with the thought that the worst crisis the world had ever seen was passed, and we gloried in the way we had come together as a nation to back up and defend the great ideals of our civilization, the continuity of our national institutions, and the security of our homes.

With the armistice signed, we laid about us to reconstruct our peace time programs, to build again and build better the educational, economic, and social structures that had been twisted and torn by the war that had been fought for their preservation.

This Association that is so intimately concerned with the acquisition and conservation of a sound physical basis for a high quality and enduring American manhood, laid plans for the restoration and the emphasis of its program. A year has passed, and the work of restoration and readjustment is hardly under way. New situations have arisen in our midst that carry dark possibilities. Pessimism comes all too easily. With high prices, a cheap dollar, and low salaries, with excess profits and high wages, with capital and labor and radicalism organized and struggling for supremacy, and with the consumer unorganized and paying the bills, we face greater responsibilities and larger obligations now than ever before, those of actual war not excepted.

Our post-war reconstruction has only begun. This great Association, made up of one hundred and seventy of the most powerful educational institutions in America, must now, more than ever,

stand for the development and training of those physical and mental qualities that make for safe and vigorous citizenship.

The purposes of this organization are now more clearly national than ever before. Illiteracy is no longer a local liability. Physical defect, health deficiency, and character defect are flaws in the national vigor; they are weak points in the national defense; they are not provincial. We have learned—and the critical problems of this after-war period drive the lesson home—that character, loyalty, vigor, and health, the ideals of this Association, are national assets essential to the permanency of our American institutions.

I therefore recommend that the work of this committee be continued with such revision in personnel as may seem wise, and that the new committee be charged once more with the important duties specified in the resolutions adopted here a year ago—to carry the ideals of this Association to the educational institutions of America, and to assist and coöperate with all agencies actively concerned with influencing state and national legislation that will develop and conserve character, vigor, and health in the youth of the land.

T. A. STOREY,  
*Chairman.*

[This report, together with extracts from letters from college presidents and others received in reply to communications from the committee, and a suggested Model State and National Law for Physical Training, is reprinted as a special circular, copies of which may be obtained on request to the secretary of the Association.]

The Association voted that the committee on this subject, consisting of Dr. T. A. Storey, Dean F. W. Nicolson, and Dean J. R. Angell, be continued for the next year, and that they feel assured of the approval of the Association in the work which they are carrying on.

The Association then listened to a very interesting and inspiring address by Mr. Frank A. Scott, of Cleveland, Ohio. This address will be found on page 86.

#### MISCELLANEOUS BUSINESS.

Professor C. W. Savage, of Oberlin College, tendered to the Association the thanks and appreciation of the National Physical Education Service, Mr. E. Dana Caulkins, Manager, 309 Homer Building, Washington, D. C., for the assistance of Dr. Storey's committee and also of the committee on which Dr. McCurdy, Major Griffith, and Dean Nicolson served. He also expressed

the hope that these committees would be continued, and that they would be willing to assist the National Physical Education Service as in last year. He made an appeal to members of the Association as individuals to send in reading matter and photographs relating to physical education activities which Mr. Caulkins could have his publicity men use in his campaign. He also urged the members as individuals to bring every possible influence to bear upon their congressmen in the interest of the Federal Bill for Physical Education which will soon be introduced in both houses of Congress.

The following resolutions were adopted, on recommendation of the Committee on Resolutions:

#### I. Physical Efficiency.

1. Resolved, That the National Collegiate Athletic Association notes with deep concern the rejection of 35 per cent of the Americans called to arms. This Association urges that increased emphasis be placed upon health and physical efficiency for all college students.
2. Resolved, That the National Collegiate Athletic Association urges the organization of adequate required courses of health instruction and physical education for all students in college.
3. Resolved, That this Association urge each college to adopt physical efficiency tests for all students, especially during the freshman year.

#### II. Professional Football.

Resolved, To recommend the members of the Association to pass a rule that the players who participate in professional football games, either during their college course or after leaving college, thereby forfeit their athletic letters.

#### III. Reaffirmation of Previous Votes.

Resolved, That the Association reaffirms its previous resolution, that seasonal coaches, scouting (except at public inter-collegiate contests), training tables, organized training or coaching in the summer vacation, and post-season games are menaces to the spirit of amateur college athletics, and are contrary to the aims of this Association.

Voted to refer to the Executive Committee with power the question of arranging for a national intercollegiate track meet this spring, in connection with the Olympic try-outs.

Voted that the thanks of the Association be extended to the Secretary of War, and to Mr. Frank A. Scott for their addresses, and to the Hotel Astor for courtesies extended.

## APPOINTMENT OF COMMITTEES.

On nomination of the Executive Committee, the Rules Committees for the several sports were appointed, as follows:

### *Association Football Rules Committee.*

J. A. Babbitt, Haverford College; P. S. Page, Phillips Academy, Andover; G. W. Orton, University of Pennsylvania; C. L. Brewer, Michigan Agricultural College.

Advisory Committee: W. F. Garcelon, Harvard University; T. A. Storey, College of the City of New York; R. T. Abercrombie, Johns Hopkins University; D. H. Henry, Clemson Agricultural College; T. F. Moran, Purdue University; H. J. Huff, Grinnell College; P. H. Arbuckle, Rice Institute; R. H. Motten, Colorado College; C. V. Dyment, University of Washington.

### *Basket Ball Rules Committee.*

J. E. Raycroft, Princeton University; W. E. Meanwell, University of Missouri; Ralph Morgan, University of Pennsylvania; L. W. St. John, Ohio State University.

Advisory Committee: Oswald Tower, Phillips Academy, Andover; Lory Prentiss, Lawrenceville School; H. J. Sturdy, St. John's College; James M. Hill, Central High School of Philadelphia; L. J. Cooke, University of Minnesota; L. T. Bellmont, University of Texas; C. L. Parsons, Colorado College; J. F. Bohler, Washington State College.

### *Football Rules Committee.*

E. K. Hall, Dartmouth College; F. W. Moore, Harvard University; Walter Camp, Yale University; Parke H. Davis, Princeton University; Carl Williams, University of Pennsylvania; A. H. Sharpe, Cornell University; Paul J. Dashiell, U. S. Naval Academy; A. A. Stagg, University of Chicago; H. L. Williams, University of Minnesota; J. A. Babbitt, Haverford College; Captain Geoffrey Keyes, U. S. Military Academy; C. W. Savage, Oberlin College; S. C. Williams, Iowa State College; W. A. Lambeth, University of Virginia.

### *Swimming Rules Committee.*

F. W. Luehring, Princeton University; D. B. Reed, University of Chicago; R. F. Nelligan, Amherst College; C. D. Trubenbach, Columbia University.

Advisory Committee: H. A. Farr, Yale University; G. H. Daley, Union University; H. H. Lanigan, University of Virginia;

J. R. Bender, University of Tennessee; W. R. Morrison, University of Cincinnati; Z. G. Clevenger, Kansas State Agricultural College; P. H. Arbuckle, Rice Institute; W. M. Christie, University of California.

### *Track Rules Committee.*

J. L. Griffith, University of Illinois; F. R. Castleman, Ohio State University; Romeyn Berry, Cornell University.

Advisory Committee: W. F. Garcelon, Harvard University; T. N. Metcalf, Columbia University; Thomas Jones, University of Wisconsin; W. O. Hamilton, University of Kansas; B. G. Owen, University of Oklahoma; H. W. Hughes, Colorado State Agricultural College; A. D. Browne, Oregon State Agricultural College.

### *Wrestling Rules Committee.*

Dana M. Evans, University of Indiana; L. C. Schroeder, Springfield Training School; Charles W. Mayser, Iowa State College.

Advisory Committee: R. F. Nelligan, Amherst College; H. R. Reiter, Lehigh University; A. Lefevre, University of Virginia; W. A. Alexander, Georgia School of Technology; W. E. Meanwell, University of Missouri; W. L. Driver, Agricultural and Mechanical College of Texas; A. L. Mathews, University of Utah; H. C. MacDonald, Oregon State Agricultural College.

### *Volley Ball Rules Committee.*

G. L. Meylan, Columbia University; J. H. McCurdy, International Y. M. C. A. College; F. N. Whittier, Bowdoin College.

### *Boxing Rules Committee.*

R. Tait McKenzie, University of Pennsylvania. Chairman; others to be appointed.

### *Committee on Publication of the Rules.*

J. E. Raycroft, Princeton University; J. H. McCurdy, International Y. M. C. A. College; Louis Bevier, Rutgers College.

## ELECTION OF OFFICERS.

The report of the nominating committee was accepted and adopted as follows:

President, Colonel Palmer E. Pierce, U. S. A.; Vice President, Dean S. W. Beyer, Iowa State College; Secretary-Treasurer, Dean Frank W. Nicolson, Wesleyan University.

Executive Committee: First District, Dean E. M. Lewis, Massachusetts Agricultural College; Second District, Dr. E. C. Huntington, Colgate University; Third District, Professor H. E. Satterfield, North Carolina State College of Agriculture and Engineering; Fourth District, Professor Thomas Bragg, Alabama Polytechnic Institute; Fifth District, Professor J. F. A. Pyre, University of Wisconsin; Sixth District, Professor M. F. Ahern, Kansas State Agricultural College; Seventh District, Professor J. J. Richey, Agricultural and Mechanical College of Texas; Eighth District, Professor J. A. Hunter, University of Colorado; Ninth District, Professor H. C. Howe, University of Oregon.

PAPERS PRESENTED AT THE FOURTEENTH ANNUAL CONVENTION OF THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

I. THE PRESIDENT'S ADDRESS.

COLONEL PALMER E. PIERCE, U. S. ARMY.

I cannot express adequately to the delegates of the National Collegiate Athletic Association, assembled here in annual conference, the pleasure it gives me to be present with you to-day. Duties with troops, incident to service in France, prevented me from attending the last gathering of this organization. The unexpected honor of reëlection to the presidency of the Association caused me great surprise. It is unnecessary to say that I was extremely pleased at your desire to continue my leadership in the work we all have so much at heart. Please let me repeat my most sincere thanks for this distinction, and for your greetings and best wishes for a safe return, sent me by cablegram about a year ago to-day.

Since returning from Europe, I have been considerably occupied in getting well in touch with the interests our organization is fostering, and I believe the influence of the National Collegiate Athletic Association is increasing. This is evidenced by the accession of seven members during the past year. There are now ninety-two regular, seventy joint, and eight associate members, making a total of one hundred and seventy universities, colleges, and other educational institutions. Practically all collegiate institutions of any athletic prominence in the United States now belong to this alliance. The number of students represented is in the neighborhood of four hundred thousand.

One of the encouraging features of the present athletic situation is the formation of many local conferences which are bound to have a beneficial influence on college athletics. Every encouragement should be given the organization of these local governing bodies, since they can deal with the many problems that come up in an authoritative and intelligent manner. Merely to give a partial list of these local conferences will indicate the widespread influence they must have on physical education and college athletics in general. Among them are the New England, Ohio, Southern, Kansas, Iowa, Illinois, Midwest, Rocky Mountain, Southwest, and Pacific Northwest Intercollegiate Athletic Associations. This reveals activities coextensive with the boundaries of the United States, and there are delegates present to-day representative of college interests throughout our great country.

60

During the past year this Association has assisted in securing the passage of laws in many states for the physical education and training of the boys and girls of secondary schools. Some twelve states have enactments to that effect, and thirteen others have the matter under serious consideration. This legislation has been made possible by the realization, which has grown up in the public mind, of the deficiencies of our public educational system in regard to physical training and hygiene, as demonstrated by the startling results of the draft examinations. The importance of this movement cannot be overestimated, provided steps are taken to carry out efficiently the excellent provisions of the laws provided. For this purpose a trained personnel is a prime necessity.

It is reported that this movement has been hampered somewhat by the introduction by the War Department of the Junior Reserve Officers' Training Corps into many of the high schools of the country, and by the attempt in certain states to introduce military training into the secondary schools. Where such courses of training are introduced they frequently displace all other directed physical training. It must be admitted that for boys to drill in an armory, or even out of doors, an hour or two a week during the school term will not produce the good results that could be secured by the proper training of the boys and girls of our secondary schools under efficient physical instructors.

The states and the War Department should scrutinize most carefully all propositions to give military training to boys of secondary and high schools. Unless the work is efficiently and widely organized and carried on by a large corps of efficient instructors, the time and funds devoted to it are apt to be insufficient and wasted, and the results unsatisfactory from every point of view. Nothing should be countenanced that will check the great nation-wide movement toward the adoption of efficient measures for the physical training and development of the children. The matter is of such pressing importance to the nation, as revealed by our war experience, that I do not hesitate to recommend the subject to your serious consideration during the coming year.

During 1919, encouragement has been given to the introduction and extension of courses in physical training and hygiene at many of our colleges and universities. This work has been fostered through federal appropriations which provided for the organization of the United States Interdepartmental Social Hygiene Board, of which Dr. T. A. Storey, a prominent educator, is the executive secretary. During the last seven months, through federal aid, thirty normal schools, colleges, and universities have established or enlarged their departments of hygiene. In these departments more than thirty thousand young men and women are receiving physical education. Many of them will soon be available as efficient supervisors and instructors in the important work of the physical and hygienic training of our people.

61

Some two years ago, this Association inaugurated a movement to secure such revision of the revenue laws as would abolish the federal tax on admissions to intercollegiate contests. This was finally accomplished, and the thanks of the collegiate world are due to Major Griffith for his successful efforts in relieving the colleges of this burden. (cont)

At the last annual conference the following resolutions were adopted:

1. *Be it resolved*, that, in the opinion of the National Collegiate Athletic Association, physical training and athletics are an essential part of education; and that in every college or university the department of physical training and athletics should be recognized as a department of collegiate instruction, directly responsible to the college or university administration.

2. That each college faculty should make adequate provision in the hour schedule for physical training and athletics.

3. That seasonal coaches, scouting (except at public intercollegiate contests), training tables, and organized training or coaching in the summer vacation are contrary to the spirit of amateur college athletics.

In furtherance of the first resolution, seasonal coaches should, as soon as practicable, be replaced by coaches appointed for the year, or should themselves be given an appointment for a year or more.

*Resolved*, that it is the sense of this convention that we should use every effort in the direction of developing such a plan of athletics in colleges as will fit every student to the best of his ability to meet any emergency, national or otherwise, that may arise.

The colleges are struggling with the important questions involved in these resolutions, and decided advances have been made toward satisfactory solutions. However, many institutions find the changes far-reaching and difficult of accomplishment. The procurement of grounds necessary for mass athletics in certain large and congested colleges is almost impossible. But all reports indicate that serious and successful efforts to make physical education a part of collegiate instruction, and all athletic activities directly responsible to the college or university administration, have been inaugurated. In this connection it may be mentioned that the army has developed a comprehensive system of physical training and athletics based upon experiences during the World War. This system is being demonstrated throughout the service by instructors trained in Central Service Schools, and is being included as a permanent and essential part of the program for the basic training of the officer and soldier. The army now recognizes that athletics may be conducted so as to have a distinct educational value, as well as to provide exercise and recreation. I fear many of our educational institutions are laggards in this mat-

ter. However, the leaven is working, and before many years physical will take rank with mental and moral education in our colleges. To accomplish this, the educational authorities must extend their authority and control over practically all athletic activities, and must combat in every possible way the spirit of professionalism, bad enough at present, but which is apt to grow, due to increasing popular interest in our spectacular intercollegiate contests.

It will be found as necessary in civil life as it was in the army to train instructors in order to develop efficient teachers of physical training. During the World War, observation of the physical drills in our training centers and development battalions made clear the fact that physical education requires high-grade trained teachers, in whom certain characteristics of leadership are of prime necessity. It will prove of little value to have good physical and hygienic laws on our statute books if the agents for carrying out efficiently their excellent provisions are lacking. Thorough physical education in our colleges will prove of great benefit, not only to the students concerned, but also to the nation, since it will produce citizens capable of defending the country in case of necessity, and will send annually into civil life many influential men capable of assisting the effort towards general physical training of the boys and girls.

In 1905, the late President MacCracken of New York University called the first conference of the National Collegiate Athletic Association. At this assembly a distinct effort was made to abolish football, on account of the numerous deaths and many serious accidents and other evils that were incident to the game at that time. After much discussion, it was decided to regulate football instead of abolishing it. For this purpose a football committee was elected and directed, if possible, to amalgamate with the one that had been enacting football rules. This committee was to secure the enactment of rules of play that would provide a safer and saner gridiron game. The amalgamation was accomplished, and reform of the rules of play proceeded from 1905 until 1916. During the past two years there has been no meeting of the Rules Committee. Does this mean that the rules of play are so satisfactory that, like those of English Rugby, they have become unchangeable and inviolate? This consummation is to be devoutly hoped for, provided the rules are satisfactory. Certainly this much can be said for the present game: it is rough and virile, but not necessarily dangerous. It can be, and in fact is, as a rule, played in a spirit of true sportsmanship. Its popularity is evidenced by the immense crowds that have attended the games during the past season. Indeed, it has become so popular that many professional teams have been organized, and it seems probable that, in the coming years, football will rival baseball as a public attraction. In consequence, the tendency towards profes-

sionalism in college football, as well as in baseball, will have to be strongly combated. It is believed that there is greater necessity to-day than ever before of upholding the standards of eligibility. It would be a serious mistake to have these lowered just as the necessity for true amateurism has, on account of the increasing interest in physical education, become greater than ever. It should be kept in mind that all history teaches that where separation of amateur and professional is not preserved, the latter eventually crowds out the former. We should respect the honest professional, and have nothing but contempt for the pseudo-amateur. Let us cultivate such a high standard among our undergraduates that the athlete who plays under false colors will be ostracized by the student body, and that the fellow who does not take part daily in some sport or exercise will be looked down upon.

There is a question as to whether or not our Football Committee has legislated wisely in making American football so complicated in its play that, to become expert, players and teams must have unusual qualifications and long periods of careful training and preparation. Those of us who have watched English Rugby know that one of its advantages is that it can be played successfully by large numbers without long periods of gruelling practice. Whether or not it is advisable to simplify our rules of play is a debatable question, upon which I do not pretend to pass judgment. However, I do not hesitate to voice the opinion that the Football Rules Committee has done a wonderful bit of constructive legislation, as a result of which collegiate football is now a safe, vigorous, spectacular game that develops in the players energy, discipline, alertness, determination, aggressiveness, and resourcefulness. A well-played game between two trained, capable elevens has many of the characteristics of a miniature battle. On this account the army and the navy are especially indebted to the Football Rules Committee for the general excellence of their labors.

This Association early took up the problems and regulations of other sports as well as football. It enacted and published various rules which pertain especially to intramural contests. This resulted in a great impetus towards general participation in some form of athletics by the mass of students. Finally, during the past year, there were inaugurated college efficiency tests for freshmen. Under the prescribed rules, freshmen of all the colleges were invited to compete for a silver loving cup. Thirty-three colleges entered the competition, and the cup was won by Amherst. In this contest over 80 per cent of the freshmen were required to take part. This movement should assist in the introduction of mass athletics into our institutions of learning. It is hoped that next year every college in the land will enter for this prize.

The greatest exhibition of mass athletics the world has ever

witnessed took place among our troops in France after the armistice. The value of these in preserving the health and morale of the personnel cannot be overestimated. The culmination of all the inter-regimental, brigade and divisional contests was in the great Pershing Stadium at Paris last April. The indirect effect upon the life of the nation of this wide development of athletics in the American Expeditionary Force will be extremely important, and should materially assist in the campaign for the enactment of proper health and physical training laws. Indeed, France also is taking to heart the many lessons learned from us, and has initiated, after a careful study of our methods, physical training among her soldiers and citizens.

This brings to mind the fact that the college athletes of the United States possibly might meet in competition for the various national championships. Would it not be advisable for our Association to favor this, since if properly conducted the resulting good would be comparable to that coming from the contests of the A. E. F. in Paris?

Evidence has accumulated during the past year that intercollegiate sports have become more popular even than during pre-war days. Naturally it may be suggested that an effort should be made to curtail the number of contests between colleges, and endeavor to minimize their importance. Certainly this should be done if thereby body-building and general mass athletics among the undergraduates would be greatly stimulated. I am not at all convinced that this most desirable extension would result from the lessening of interest in intercollegiate contests. These naturally act as a stimulus to all forms of sport, and if properly directed and controlled should prove of great value in our campaign for physical training and participation in sports by all students. However, in nowise do I favor pre-seasonal training or post-seasonal games. In my opinion both of these practices tend toward professionalism and the commercializing of college sports.

Compulsory athletics and intramural sports should receive increasing attention. The correlation of these activities with intercollegiate contests can be so developed that the one will naturally assist the other, and the whole prove of immense benefit to the colleges and through them to the nation itself.

Among the great sporting revivals of the past year at home is that of boxing. The educational features of this vigorous sport were used extensively as aids to the training of our soldiers. The great national academies teach cadets and midshipmen boxing. It is a manly sport whose educational value has not yet been fully made use of by our colleges. It is recommended to your serious consideration during the coming year. I believe we should also take steps to secure a nation-wide survey as to athletic con-

ditions and the status of physical training in our colleges. It seems advisable to ascertain definitely just where we stand in regard to these matters. We have been advocating reform and progress during the past fourteen years. A survey would prove most informing as to our accomplishments during this period, and most useful for the future.

Attention is invited to the broad field of usefulness within which the National Collegiate Athletic Association works. Its capacity for good increases and it powerfully influences many live questions.

*It emphasizes the importance of physical education.*

*It preaches the doctrine of fair play and sport for sport's sake.*

*It standardizes eligibility laws, rules of play, and high ideals of sportsmanship throughout the length and breadth of the land.*

*It acts as a great clearing house of all questions relating to college athletics and physical education.*

It does not attempt to govern, but accomplishes its purposes by educational means, leaving to the affiliated local conferences the responsibilities and initiative in matters of direct control. The Association has grown because the seed sown in 1905 fell on fertile soil. Just so long as there exists a necessity for the continuance of the National Collegiate Athletic Association its influence will continue, and our connection with its work will be well worth while.

In conclusion may I extend to all the delegates present, and through them to the institutions represented, my very best wishes for the New Year.

## II. THE RELATION OF ATHLETICS TO THE COLLEGE MAN AND THE NATION.

REV. HENRY D. PHILLIPS, CHAPLAIN, UNIVERSITY OF THE SOUTH.

There can be no divided opinion to-day in regard to the value of athletics in the developing and the making of soldiers. The experience of the nation during the past two years has removed any doubt there may have been as to the importance of physical development for the protection of our country. The splendid courage, self-control, physical and mental alertness and endurance produced by exercise, athletic training, and contests proved to be indispensable qualifications of a good soldier. The college athlete readily found a work and a service he was prepared to do exceedingly well. Not only was he an invaluable recruit for service as a private or as an officer, but more than this, he manifested a distinct advantage over the man who had never had his particular training and experience.

In contrast with this experience was the fact that a large number of men of draft age were rejected by the army and navy

because of physical deficiencies. The exact percentage of such rejections was nothing short of a revelation. Lack of physical development and neglect of personal hygiene on the part of the young manhood of America is a national weakness. The whole matter deserves the immediate and serious attention of our citizenry.

During the S. A. T. C. régime the compulsory military drill and exercise required of all students produced some astonishing and gratifying results in the physical well-being of the average college man. It is natural, therefore, that we should strive to devise some means through which the good produced by this temporary innovation in college life may be made of permanent value to the physical well-being of the student. This experience has developed many warm advocates of mass athletics. This subject has received much attention, not only in the discussions of this National Association, but also in many of our sectional or regional associations or conferences. Its importance demands that it receive a great deal more attention, and still more effort to give it the place it deserves in our educational program.

When our college authorities generally recognize the necessity of providing adequate equipment and athletic supervision for the physical development of every student as part of the education of the whole man, much will be accomplished towards producing a strong, vigorous manhood. Then the just complaint, so often brought against our collegiate athletics, that only a few men, who little need physical training for all practical purposes, alone receive the attention of the highly specialized physical instructor or coach, will grow weaker and weaker.

Let us assume then for our own purpose that every college in the country attempts a program of physical training for every student, and makes the completion of it compulsory for a degree. We may assume even more,—that the Federal Government will require every man between the ages of 18 and 21 to spend three or more months a year in military drill and exercises. Would we necessarily have from the physical development resulting therefrom just the kind of efficiency we most desire? And would that physical efficiency be a real national asset?

From such a system better physical specimens would doubtless result. The bodies of men would surely be better fitted for tests of endurance. But will mere physical training of itself produce wholesome results? As a matter of fact, we should have to see to it that the process and the method of training be not in the nature of the German "goose step" and the close formation. For what we desire is not a highly organized and efficient animal, but a better, harder, American citizen, with his initiative and indomitable spirit.

A year or so ago we were concerned in producing a strong, virile, disciplined army. We were concerned in the business of making efficient and effective soldiers. In this process athletics and physical training were potent and necessary factors. Now we are vitally interested in developing a wholesome and hardy democratic citizenship, which will manifest courage, initiative, self-reliance, self-control, and alertness. We are set to the task of producing a citizenship which recognizes and practises fair play, justice, and the square deal. Whether in time of war or in time of peace such a citizenry is the only bulwark of this great republic, and the hope of this troubled and restless world to-day. General athletics is one of the best means of stimulating and bringing into actual being these very qualities.

But to accomplish this great service for American manhood, it is most essential that there be introduced into physical training and athletics generally the best ideals of our Christian civilization. This, I take it, is the special privilege and mission of the colleges, to inject into athletic contests the spirit, traditions, and customs which comport with the ethical ideals and the high purpose of educational institutions. We can never be satisfied with anything less.

*Mens sana in corpore sano* beyond doubt states a well-established and accepted truth, but there is an additional truth which I wish to emphasize. That is, that the body is the means through which the spirit or the soul of the man expresses itself. We may have believed this and accepted it in the past, but in too many instances its acceptance has been only theoretical. We have treated man in general, and the student under our tutelage in particular, as though he could be analyzed and separated into distinct elements. Therefore we have partitioned him into three distinct compartments—body, mind, and morals or spirit, and have proceeded to deal with one element apart from the others. Whereas, as a matter of actual fact, the man is a unit, and for all practical purposes one phase of his nature can not properly function without the other two. The faith of a man is nothing more nor less than the man believing; the will of a man, is the man willing; and the mind of the man is the man thinking. The action of a man is *the whole man* expressing himself.

The thing we call the man is in reality the essence growing out of the perfect coördination of all those elements which enter into the tangible and visible entity which we see as the image of the man. Let me impress exactly what I mean by a homely illustration. You recall the old picture puzzle. Easily you find the elephant, the zebra, and the rhinoceros. You have difficulty in finding *the cat*. Yet its form depends upon the lines of the others. But when you do see it, you can see nothing but *THE CAT*.

Were this not true, I doubt very seriously whether the general

subject of athletics would deserve as much of our time as we are disposed to give it, or that athletics would exercise such tremendous influence upon the college life of the country.

Athletics then are not only the means of individual physical development and expression, but are the expression of the individual in relation to other individuals. This is true in individual competitions, while in team competition it becomes a contest between groups. In all athletic contests therefore there are the mental, social, and spiritual elements embodied in the physical. Physical forces alone do not determine the result in any contest in which the contestants are reasonably matched. In many instances, the victory goes to the contestant who is physically inferior to the loser. This is because the mental state—the will power, confidence in one's self, strategy, and the spirit of the contender—enter potently as factors into the physical contest.

For this same reason, together with the lack of muscular co-ordination which may in many instances be mental, the athletic coach cannot determine upon his selected teams by means of weight or symmetry. So the spirit of ethics of athletics or of sportsmanship cannot be considered apart from character or the essence of the man's whole being, unless the man at play is to be another at work. The spirit or the ethics of a true sportsman are the same as expressed by the life of the man,—in the home, in the marketplace or in the field of play. For after all the greatest of games is the game of life. All the elements of play, serious work and joyous work, are inherently there. Sometimes men have difficulty in seeing it. One can take life so seriously, as we say, as not to be able to see it or enter into it, just as some athletes never enter the game of the game.

Of forming an estimate of a man's real character and spirit—since we cannot rely upon the intuition of a highly developed and sensitive woman—there is no quicker and surer way than by "sizing him up" on the field of play. The relaxation and spontaneous action induced by play do not give him the opportunity to study the effect of reactions, and premeditate his behavior. The man comes out as it did in his guileless and unsophisticated days of boyhood.

The one who prates about his own accomplishments, whether in tennis, golf, or football, is the same egoist in business, and generally has his attending abundance of selfishness and inconsiderateness. The "alibi" man is the same man who is placing his failures upon the shoulders of others. So the magnanimous and considerate contestant is the generous, just, and true spirited man in business and in his social intercourse with men. So also the "quitter" is the timid, the indifferent, or purposeless man, with little determination. He may become even the coward on the field of battle, or express his despair at failure in suicide.

Anyone who knows young men realizes that action appeals to them. Their beings crave movement. They desire something which is an expression of their restless and highly developed nerve centers. The physical elements are strong, and furnish points of contact with the best and highest, and at the same time with the meanest, expressions of human life. The normal young man is more keenly interested in self-expression along physical outlets than in any other way. He may see the beauty of literature and dig over Latin and Greek roots, but he loves physical expression, either in himself or in others. His highest impulses and aspirations are most intimately associated with the physical. These fine impulses need not and do not remain material. No one more quickly spiritualizes the physical than does the young man, if he is properly directed.

To direct properly a universal physical development among college men, and to instill into the system of development the best American ideals, I believe that intercollegiate athletics will furnish the best medium. Intercollegiate athletics do not exclude mass athletics or intramural games, nor do mass athletics preclude intercollegiate athletics. The two forms have different goals. Each can and will react, the one upon the other, to the advantage of both. Still, the ideals of intercollegiate athletics will, for the most part, pervade all forms of college activities. Intercollegiate athletics evoke a flood of aspirations and emotions from the undergraduates, and consequently are of immense power in developing all kinds of ideals and standards. It has been generally recognized that they bring forth as nothing else will in the college man's life expressions of unity, of loyalty to his *alma mater*, and of an earnest effort to maintain and enhance the prestige of his college in those things in which he naturally is most interested. Therefore, they exist in the life of the student as tremendous social and spiritual expressions.

A college can ill afford to allow such a splendid and wonderful expression, so fraught with magnificent opportunities as well as with grave dangers, to go undirected, or even worse still, misdirected. The ideals and ethics expressed in athletics are more likely to be the student's ethics in more purely social and business relations than are those found in the discourses of the lecture-room or in the principles enunciated from the pulpit. The one he hears and may believe; the other he accepts and lives.

It is the recognized function of the college to instill ideals of civic righteousness. If the roots of these ideals lie in the subjects of the classroom and the forum, they spring no less from the activities of the stadium. It is to the college, therefore, that we must look for the development of such high standards of sportsmanship as will make athletics the worthy companion of the mental and moral influences necessary for the production of a high type of citizen.

In our Southern Association we share with most of the colleges of the country the difficulty of trying to maintain a certain amateur spirit and idealism in our intercollegiate athletics, while we are compelled to rely upon a commercial basis. The click of the turnstile too often determines a schedule, and too often the gate receipts are dependent upon influences which are not in harmony with college ideals. This difficulty and some attending evils will remain until the colleges can adequately finance their intercollegiate athletics. Yet real progress has been made, and is still being made, in that each member of the Association has pledged itself to control its own collegiate athletics by having at least a majority of the athletic board chosen from the college faculty. With this provision has grown a group of faculty men who are in intimate and sympathetic touch with the student body. The close and intimate relationship of the students and the faculty has produced mutual benefits, besides doing much to produce something of the spirit I have endeavored to express.

In the recent revision of our constitution and by-laws there was manifested unmistakably a real desire for *athletic principles*—not merely laws and rules of inhibitions and prohibitions—which each college pledged itself to support and to enforce. Therefore, the executive body of the Association is to be appealed to only as a last resort.

One of the happiest features which has come out of the gathering together of the representatives from various institutions is that they have come to understand many problems common to all. They have come to believe in one another, to trust one another; and they are convinced that others are endeavoring to inculcate good principles and to establish high standards. The same confidence is being transmitted to the colleges, with the result that intercollegiate relations are upon a much better basis, and are improving all the time.

We realize the great necessity of developing among the college students, who eventually become alumni, a public opinion and a conscience which will demand that each institution in intercollegiate contests must reflect its own code of honor and ethical ideals. At times the outlook may seem discouraging, but decided progress is being made.

The situation may be likened to a story I once heard of the first train which ran through one of the counties in northern Georgia. People came from the hills and mountains for miles around to see for the first time a real locomotive. In the crowd of curious spectators were "Joshu'ay" and Miranda. When the snorting engine came to a standstill, Miranda said to Joshua, "Joshu'ay, what do you think of it?" After examining the monster very carefully old Joshu'ay said very thoughtfully, "Miranda, they'll never move her." Presently the engineer mounted the cabin, rang the bell, and opened the throttle. The big engine moved off, and

as speed was gained the whistle was blown and the long train passed out of sight. Miranda said, "Now, Joshu'ay, what do you think of her?" Joshu'ay quickly and confidently answered, "They'll never stop her."

### III. PHYSICAL EFFICIENCY AS A NATIONAL ASSET.

DR. JAMES H. McCURDY, INTERNATIONAL Y. M. C. A. COLLEGE,  
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#### I. *The results of sixteen months' experience with the American army in France.*

The army rejected 35 per cent of the men called to the colors. In 1917 the rejections of the local board were 29 per cent plus. The camp surgeons added 5.80 per cent. In 1918 the rejections of the local board were 29.59 per cent. The camp surgeons added 8.70 per cent.

Shortly after arrival in France training battalions were formed to care for a considerable number of men unfit as fighting men. I had personally, on the invitation of General Summerall, an opportunity to arrange for testing the physical efficiency of a full brigade of soldiers. Figures from one regiment tested illustrate what I believe to be average conditions. Twenty-eight per cent of the regiment failed to jump over a trench six feet wide in a standing broad jump. Seventeen per cent of the regiment failed to qualify in running the 220-yard dash in thirty seconds. One of the officers, after seeing the results of this elementary test, exclaimed, looking at the disqualifed men, "Those men could never catch a Hun." Another added the remark, "Nor could they get away from a good one." In aviation, according to the latest figures published in the June number of *American Medicine*, 2 per cent of the fatalities in American aviation were due to the Huns; 8 per cent were due to faulty aeroplanes; 90 per cent were due to faulty human mechanism.

No man could have observed the army as I did for over sixteen months without having a deep impression of, and an overwhelming pride in, the deeds of valor of the American soldier. No careful student of health and physical education could but be deeply disappointed at the initial rejections and eliminations all along the line because of physical disabilities. The knowledge of these rejections and eliminations has brought about a very large popular demand for a larger health and physical education program in this country. I am not critical of the army. It did a marvelous piece of work. I am critical of public sentiment which allows young men to reach eighteen years of age with such deficiencies.

I believe in universal military training. I believe that it has

great political and social value in the democratization of American life. It scarcely touches the problem of physical efficiency as a national asset. Universal training is the capstone which can only be properly set on a health foundation.

The army demonstrated three matters regarding physical efficiency:

1. A proper occupation of leisure time was shown to be essential to health and military efficiency. One of the higher medical officers in the division of urology in France assured me that the venereal rate in the individual camp was definitely decreased by well-organized athletics. The Y. M. C. A. spent approximately two million dollars for supplies and furnished over three hundred athletic directors for this service.

2. Physical efficiency had a definite relationship to military efficiency. I have spoken of the inability of the men to run and jump. I saw this demonstrated in the British army in a rather amusing way. Ten thousand soldiers were receiving their final preparation in what was called the "bull ring." One group was put in shell holes. Firecrackers were then thrown, on signal, into these holes. It was amusing to see the difference in the ability of various individuals to get out rapidly from those shell holes. Some were agile; others lacked physical skill and were clumsy.

3. Athletics were shown to have a definite relationship to morale. Let me give two illustrations:

One of the divisional athletic directors came to my office, sent by officers of one of the divisions. The colonel of one of the regiments sent this message: "My men are just out of the line. They are badly chewed up. You send athletic directors and supplies. My men are discouraged and looking at the white crosses. That is a hell of an environment in which to remake a regiment. You send supplies and athletic leaders."

Major Coulon of the Third British Army told me this story. That army came back out of the line thoroughly discouraged and downhearted over their losses. The officers tried to change their attitude of mind without success. Finally, in despair, he threw a soccer ball in among a group of about forty men. Inside of about ten minutes they had a full-fledged soccer game going. In ten days they remade that army.

Physical education and sport occupy profitably leisure time. They are directly related to physical efficiency. They do assist in maintaining morale.

## II. Comparison of soldiers with grammar school boys of moderate training.

The National Playground Association of America's "Athletic Badge Test for Grammar School Boys of Thirteen Years and

Over" places the standing broad jump qualifying mark at six feet six inches. You will remember that 28 per cent of the soldiers failed to qualify at six feet. The New York City public schools had, in 1916, 7,652 boys qualify on the six feet six inches basis. San Francisco, Baltimore, and other cities have similar qualifying marks. The qualifying standard in the Philippine Islands Bureau of Education for boys of eighteen years and under, as given in Bulletin No. 40, is seven feet six inches.

In the accepted scoring tables for adults on the 220-yard dash, twenty seven and one-fifth seconds is the zero mark. The qualifying mark for the soldiers was placed at two and four-fifths seconds below the zero mark. These low qualifying marks were set because of the men wearing service shoes and to encourage all the men. The desire to compare the work of these soldiers in the tests with average performances related to life preservation needs in war was stimulated by the observation of British soldiers as given above. The relation of physical efficiency and athletics to morale was also clearly illustrated in Major Coulon's soccer games. I am not criticizing the army for these low standards. I am not criticizing the men for these low standards. I am criticizing public schools and colleges for their failure to properly meet the needs for a new environment.

## III. The fundamental human health and efficiency needs.

1. Children.—Eliminate or correct remediable defects. Eighty per cent of all physical defects are easily remediable, i.e., defective teeth, diseased or enlarged tonsils, adenoids, defective vision, and deficient musculature. These, with faulty personal and community hygiene habits, constitute the bulk of the problem. They are all remediable defects. The present economic waste due to failure to remedy these defects is enormous. Various estimates place the additional annual cost of educating pupils with defects at from twenty-seven to thirty-two million dollars. No careful separation has yet been made of the proportion of this waste which is remediable, as it includes the moron and probably some of the high grade imbeciles in the public schools.

Burks, in his "Health and the School" (page 5), says: "Investigations under the Russell Sage Foundation indicate that not less than 60 per cent of American school children are handicapped by removable physical defects, and that, as a result, they are making 9 per cent slower progress in their studies than they should. Children with seriously defective teeth, according to these investigations, fall six months behind in eight years. Half the school children of the nation—ten million—have bad teeth. Children with adenoids require a year and a month of extra schooling to complete eight grades. One-eighth of our twenty million children have adenoids. Children with enlarged glands

require a year and two months overtime. Nearly half of our children have enlarged glands." His general applications are probably made on a group too small for such generalizations. All specific studies, however, in general indicate very large economic waste from failure to remove remediable physical defects during childhood. They cannot have anything like the same value when treatment is given after the educational period is largely complete. For this reason the early removal of these defects is essential to educational, military, or industrial efficiency.

Wallin's experimental studies of laggards and repeaters show an average scholarship improvement of 57 per cent after merely making dental repairs—see Wallin's "Mental Health of the School Child," pages 288-289. Children during the elementary school period should have remediable defects removed and be given a chance to form normal health habits in diet, sleep, exercise, and living environment. No later universal training can serve as a substitute for this fundamental training.

2. Adolescents.—This is the time of rapid growth in height, weight, and muscle power. It is the time for the development of team games and other social organizations. Tests taken this fall on Harvard freshmen by Dr. Roger I. Lee, Professor of Hygiene, show that 80 per cent of Harvard freshmen do not have good mechanical use of their bodies. Dr. Lee said: "The result of this test certainly suggests that our preparatory schools might do much toward preventing poor habits of bodily use, and also that it is desirable for the college to attempt correction."

It should be recognized that high school, preparatory school, and college students in general have a better physique than those who do not go to college. Private school boys are taller and heavier and of better physique than public school boys, according to Dr. Sargent's examinations. All boys and girls when they get to high school or college should have a fair chance to get a good physique. The country owes to all its coming citizens such health chances as are now given the more favored ones.

Until recently man's fight with nature, beasts, and men kept up his bodily efficiency. Nature and beasts have been largely subdued, except as a pastime for the wealthy. The use of powder and machinery has changed war methods in ways which interfere largely with the development of physical power and efficiency. Present school methods interfere seriously with the development of children. The small muscles not related to health are overused. The big, vigor-forming muscles are used in a negligible amount. Physical skill and development are not possible with present methods except as they are secured outside of the school, shop, or factory. Health is not merely the absence of defects. It is a normal, functional integration of the body's parts. The present use of fingers, eyes, tongue, and lips represents

a separation of the small muscles from the big ones in a very different way from what they were formerly used. Before the introduction of machinery, hand, eye, and the big muscles were closely integrated. Under present conditions they are largely separated. The health of the central nervous system depends upon this close integration. The throwing of the spear, the use of the javelin, the use of the sword, the man on the horse,—all of these represent activities where eye, hand, and big muscles are thoroughly coördinated, not only mechanically but emotionally.

The central nervous system has three levels of development, the lower, or organic level controlling circulation, respiration, and nutrition; the second level, which might be called the motor and sensory level; and the third, which is the highest level, controlling intellectual processes and moral judgments. The order of development is first, bodily; second, psychic; third, moral. Bodily development came first during the childhood of the race. It must still come first in the growth of the individual. The basis of all three developments is the physical.

This adolescent age is the time for the development of strength, speed, skill, and coöordination of the small and big muscles, not only in physical activity but in the emotions and in the development of social organization. Team games represent, from the physical standpoint, the development of such social organization. The health of the lower centers of the central nervous system is basal to the development of the higher centers. The opportunity for this development and its direction must be given by the community. The individual cannot furnish privately opportunities for such development. The public schools have already preempted this field. They are beginning in a small way to occupy it. The two hundred and eighty-one thousand school buildings in this country are largely idle after four o'clock in the afternoon. They should be more thoroughly adapted to the health and physical education needs of pupils and used during the day for school pupils, and during the evening for pupils of school age who are not in attendance at school. This would mean, largely, pupils from fourteen to eighteen years of age.

3. College Group.—College athletics, properly conducted, have great social values for the mass of college students and for the general public. In addition to aiding in securing college solidarity and loyalty, they keep an intellectual ideal of physical prowess before the college students. These tests, and the training for them, raise the physical efficiency level of the contestants largely and the spectators somewhat, due to the emotional excitement of watching the conflict. The joys of personal combat and the physical advantages of even watching a combat are largely lost in present war methods. Major Coulon, of the British army, who introduced the present methods of bayonet fighting into the

American army, told me that its chief value was in developing morale, physical efficiency, and personal confidence, not as a means of offense.

Cannon, in his book "Bodily Changes in Pain, Hunger, Fear, and Rage," page 296, gives the testimony of a German officer as follows:

"We shoot over these tree tops yonder in accordance with directions for range and distance which come from somewhere else over a field telephone, but we never see the men at whom we are firing. They fire back without seeing us, and sometimes their shells fall short or go beyond us, and sometimes they fall among us and kill and wound a few of us. Thus it goes on day after day. I have not with my own eyes seen a Frenchman or an Englishman unless he was a prisoner. It is not so much pleasure —fighting like this."

The discovery of gunpowder and the adoption of machinery have largely taken away from fighting the physical development which formerly came to survivors. Not only college men, but all men between the ages of eighteen and twenty-one years should know the joy of physical competition and combat. They should have the chance for the development of, and demonstration of, those vigorous qualities which come with robust manhood. I favor universal military service which prepares for citizenship and, physically, for vigorous living. Camp life, as organized and safeguarded under the present Secretary of War, I favor. I believe that the army, with the coöperation of the various welfare agencies, did the greatest piece of social and physical efficiency engineering that the world has ever seen. They did it, however, with the pick of American manhood after they had junked over one third of the men. As I have already pointed out, the army eliminated from active fighting service an additional number of unfit men.

#### College Educational Program:

1. Each college should give instruction to all college students in the principles of personal, group, and community hygiene.
2. All students should have periodical examinations of their health habits. Personal advice should be furnished on best methods of overcoming faulty health habits regarding diet, sleep, exercise, etc.
3. Each student on graduation from college should go out with a clean-cut personal and community health program in which he feels obligated to help the physical educator, the school physician, and community health experts accomplish in his own community a definite physical efficiency program.
4. Adult Group.—The First American National Conference on Occupational Diseases held at Chicago in June, 1910, estimated in a memorial to President Taft that there were thirteen million

cases of sickness involving annually an economic loss of nearly three quarters of a million dollars among the artisans and craftsmen of the United States.

The latest report of the chief medical officer to the British Ministry of Health, August, 1919 (page 26), states that, excluding minor illness of less than four days, the average annual loss due to sickness was fourteen million weeks, or the loss each year of a year's work for two hundred and seventy thousand persons. These figures do not include any work necessary for the care of these persons, nor the losses in production due to their failure to report for work.

It is evident from a study of public school children, of soldiers, and those engaged in industry, that our physical efficiency is considerably below what it might be. It also seems evident that this physical inefficiency lessens health, decreases production, and interferes with the joy in living. I object strenuously to any plan that does not improve the health and vigor of the children. We are in danger of substituting military drill and close order marching for the real things that make for vigor; namely, camp life, regulated regimen, and large bulk of big muscle work. The introduction of military drill into the public schools has been a serious blunder. It will not serve the health of the high school pupils but will hinder the introduction of an adequate health program.

I have tried to make clear these points:

1. We rejected more than one third of our youth from the army after reducing peace time standards for admission.
2. The accepted ones were not nearly as efficient as an adequate system of school physical training might have made them.
3. Army or industrial efficiency can only be obtained on an adequate physical basis. This cannot be secured after the young men are eighteen years of age. It must begin in childhood and continue through adolescence.
4. A restricted manual of arms and close order formation program of the armory type will not secure such needs. Camp life, built upon a preliminary foundation, will be of great service.
5. A universal training program is needed not merely as a possible military safeguard but as a training for industrial efficiency and for citizenship during peace times. Broad statesmanship requires the adoption of a well-rounded program beginning with the children.

#### IV. What is being done to improve conditions?

1. Thirteen American states have passed compulsory physical education laws. Twelve additional states have such bills before their legislatures.
2. England, during the war, has reorganized her whole edu-

cational plan. The experiences of the war have led them to place great emphasis upon the health and physical education of children and adolescents.

Sir George Newman, in his report to the British Ministry of Health for August, 1919, says: "The health and physique of the people is the principal asset of a nation" (page 7). In his annual report for 1917 to the English Board of Education (page 21), this statement appears: "The fundamental purpose of the new Act is 'the progressive development and comprehensive organization of education' available for all persons capable of profiting thereby. It is indisputable that the primary factor in such an organization must be the physical factor. A system of education, however perfect, must fail if the physical and mental condition of the person to be educated be not healthy, responsive, and alert. Indeed, the association between physique and education is even closer, for the education and development of the young child is largely a question of bodily nature and nurture. Not only must the body be sound and unimpaired by defect or deformity, but its training and development is an integral, essential, and vital part of all true education."—"Section 17 of the Act gives power to Local Education Authorities to promote social and physical training by means of (a) holiday and school camps, especially for young persons attending continuation schools; (b) centres and equipment for physical training, fields, school baths, and school swimming baths; and (c) other facilities for social and physical training in the day or evening. The form of the clause, together with the assurance of the President of the Board that its object is the promotion of social and physical training for educational purposes on educational lines, and that it does not contemplate military drill for military purposes, makes it clear that educational authorities are now furnished with wide powers for the advancement of the physical and moral well being of the young people under their care, which it is of great national importance that they should interpret in a broad and generous spirit."

In conclusion he says: "The war has compelled us to realize more clearly the value to the state of healthy, well-grown children and adolescents, and of all educational and social measures, conducive to this end, a practical and comprehensive scheme of physical training stands in the foremost place."

3. France.—Monsieur Henri Paté, Deputy for Paris, in the Chamber of Deputies, Session of 1919, introduced a compulsory physical education bill for all persons of either sex up to the age of twenty years. In his address in introducing the bill he states:

"Physical Education is not merely a means for making future soldiers; its purport is higher and more general; and whichever way the conflicts arising between nations may be settled in the

future, it possesses a primordial interest which is to give each man that physical and mental balance no man can dispense with, if he wants to discharge his duties in society. Moreover would not this ideal, if it were realized, constitute the best military preparation? In fact, the great war has just shown us that a number of able-bodied, high-spirited men, well grouped and making use of improved scientific methods and industrial products, is sufficient to make up an unconquerable army.

"It is now forty years since it was deemed necessary to enforce primary instruction on every French boy and girl, in order to insure the intellectual development of every citizen. Is it not today quite as useful and necessary to develop the body, and I may add the character as well, for we shall see further on that those methods set forth in physical education at the same time constitute the best training school for character.

"The best means to develop our children into 'men' capable of defending (should that so happen) their property, their freedom and honor, is not to have them play at being soldiers, but to compel them to practise such physical exercises as may develop their muscles and strengthen their courage. So, no scholar battalions, but fresh-air, hygiene, athletics and exercises that harden the body."

The bill presented before the Chamber of Deputies applies not only to all of France but to Algeria and the colonies. Both France and England, as a result of their war experience, have reorganized their whole physical efficiency plan. America is in the process of doing the same thing through state compulsory physical education laws and through the federal Towner bill now before Congress.

#### V. What will the National Collegiate Athletic Association do?

You should recommend and promote in your respective colleges, with the same skill you have shown in regulating and promoting college athletics, a broad program of health and efficiency. I should recommend the adoption of the following resolutions:

1. Resolved, That the National Collegiate Athletic Association notes with deep concern the rejection of 35 per cent of the Americans called to arms. This Association urges that increased emphasis be placed upon health and physical efficiency for all college students.

2. Resolved, That the National Collegiate Athletic Association urges the organization of adequate required courses of health instruction and physical education for all students in college.

3. Resolved, That this Association urge each college to adopt physical efficiency tests for all students, which shall measure endurance, efficiency, and improvement made during the freshman year, at least.

4. Resolved, That this Association urge each college not only to furnish its students with adequate health and physical education instruction for their own personal needs, but that they include in the courses of instruction information, inspiration, and methods which will send out college men qualified to lead in securing intelligent public support to the local and national experts in health and physical education problems.

#### IV. ADDRESS BY HON. NEWTON D. BAKER, SECRETARY OF WAR.

I always have a feeling of embarrassment and humiliation when I attempt to address a body of experts upon a subject about which I know little, and they much. Obviously, if I were to attempt to go into the technique of physical training I should waste your time, and not justify my being here. It was suggested, however, by Colonel Pierce that by my coming and giving an address some impetus might be given to the movement in which you are all so deeply interested; and it was suggested that I bring an official message, the army's very profound interest in the physical training of the young men of America, which message I venture to give you.

We have had a clinical opportunity to study the matter of physical training, such as our country has never had before, and we have been able to gather from an observation of the mass training of practically the entire youth of the country some lessons both as to its fundamentals and as to the best methods, of which some of you experts are now taking proper account. It goes without saying that the strength of a nation in the last analysis depends upon the physical vigor, the mental vigor, and the morale of its young men. We proceed on idealistic lines and with high morale, perhaps, in our relations with other people; and when we are met in the same spirit, a disposition of difficulties is always easy; but when we are not met in that spirit, the time may come when the hope of our own moral purpose is in the measure of our capacity for defense, and we must resort to the physical vigor and the manhood of the race as the last test of our right to endure. We have just passed through such a period as that, and it was a matter of great surprise, I am sure, and of great delight to everybody to see how swiftly the youth of America accepted the democratic method of selection for military service, and to observe the springing to arms and the extraordinary readiness with which the youth of the country lent itself to adaptation for military preparation.

I think it must have been a great surprise to you, who had the best opportunity to measure the physical strength of the men of the country, to find what the training camps did, the original

officers' training camps. Of course, it was the product of your training that came to these camps. The young men from the colleges crowded into them. They quickly took on as much military training as was necessary; but it was what they had learned in the classroom of the colleges that made their minds subtle and flexible. What they learned in the gymnasium and on the college athletic field gave their bodies a certain capacity for endurance and resistance that made this training exceedingly easy, and speedily filled the army of the United States with an enormous number of highly trained, invaluable, usable leaders of men.

If it had not been for the college gymnasium and the athletic field, I venture to say that the American army could not have been officered in any such small space of time, for we needed not only the trained mind and trained muscles of the American youth, but we needed the spirit of fair play. We needed the spirit of teamwork, the spirit of organized games, which has come to be the characteristic of college athletics. We needed all of that, and it was a contribution of inestimable value, and one which in any future emergency that confronts this country we must look to you again to supply.

Our clinical opportunity went much further than that. We got an opportunity to survey not only the college man, but we got two other opportunities of great value and great significance. One was to survey the entire youth of the United States, and the other was to undertake to train the youth of the United States by adopting the processes of college athletics, for that is what we did.

And now as to what the survey of the youth of the nation showed. We found that practically an average of 65 out of every 100 young men in America were physically fit for military service, and that 35 out of every 100 young men in America were either physically unfit or partially unfit, fit only for limited and restricted service.

That is the average we found for the whole country. We have a map which shows the distribution of the physically fit in America, and it is exceedingly instructive. We find in some great states like New York that only 49 per cent—49 out of every 100 young men—were physically fit for military service, and that 51 per cent, more than half, had some question raised about them. I do not say they were physically unfit, but some question was raised as to the physical fitness of 51 out of every 100 men. And this curious result is seen in the matter, that in states like New York, Rhode Island, Vermont, and Massachusetts,—I am singling them out as typical states where free school education, where compulsory education is most successfully enforced,—that in those states, the physically fit maintained a low

average, while in the great agricultural states like Texas, Oklahoma, and the belt states running through the middle of the United States, only 25 to 27 out of every 100, as against 51 out of every 100 in New York State, were found physically open to question.

Nobody imagines for a moment that a free school, or compulsory education, or the opportunity for education is in any sense a related factor to this business of physical virility; but the survey, in the first place, gives us an opportunity to see that under some conditions men do really develop to the best their physical ability; and I think when we get these figures analyzed and study why it is that the young men in New York did not show as high a percentage of physical efficiency as the men in Oklahoma, we shall have a number of answers to give. Some of them will be seen to be due to conditions which can be corrected. Some of them perhaps are climatic; it may be that the location of a particular state must be taken into consideration, as, for instance, the state of Arizona, where the location of a number of health resorts has attracted a large number of persons who are in poor physical condition, and that decreases the average of the state. It may also often be due to the form of industrial occupation, the unusual congestion of the modern mill, with very young boys going into these mills. Or, perhaps, it is too long hours of labor for women, the mothers of the race, that may develop as one of the causes. Hence, from this clinical opportunity that we have had to study the development of young men in the country, we may get a very great deal of high social value in determining just how we can improve the mental and physical vigor of the race.

Whatever that result may be, and however much we may be able to correct the defects which we are able to discover, we have learned as the result of what we have gone through how to apply physical training for the reinvigoration of young men. As I stated a moment ago, it turned out to be really an enjoyment, and but the amplification of what you gentlemen have worked out under college conditions as the best recreational program, for what we had in the army is what you have in the college. We had serious work, serious drills, with the army taking the place of the classroom work in the college. We organized in gymnasiums and on the athletic field just what you have in the college, and it turned out with the average boy just as it turns out with the college boy, that it developed him enormously, increased his chest expansion, opened up his mind, his soul, his body, and had a demonstrable effect, that the men who went into the army by the draft, from all sorts of local and home conditions, from the congested cities like New York and the mountain tops of Tennessee, came out of it stronger in body, more vigorous, more alert, more subtle in their movements; and, of course, the

effect of bringing them together and bringing about an interchange of ideas of the men from remote sections of the country with those from the big cities had an enormously beneficial effect in expanding their idea of their country and of their fellow citizens and bringing about a feeling of kinship and better relationship.

I suppose it is true that the army of the United States in this war was a more moral army than ever existed in the world. I am told that by chaplains, by Y. M. C. A. secretaries, by the Knights of Columbus, and by psychologists, and I am told that also by commanding officers. There seems to be a consensus of opinion that this army was the most moral army that ever was assembled on this planet, and it is a striking tribute, I think, to the efficiency of athletics as a moral restraint, that what brought out this wholesome condition in our army was not a system of disciplinary restraints harshly administered, not a system of prohibitions and inhibitions, but it was an attempt to occupy the minds of the soldiers and to keep their bodies busy with wholesome, healthful, and attractive things, so as to give youth a chance to do its best in the world, and to free it from temptations and pitfalls which usually come to those who are idle, bored, not entertained by the things that they have to do. We substituted for the brothel, for the saloon and the horse play which leads to violence among men through losses of temper, the wholesome recreation of the athletic field, the highly organized games, well-conducted boxing bouts and wrestling matches. We carried with us, when we went to France, American recreational ideals, and we played ball from Paris to the Rhine; we played baseball, football, polo, every game that we play at home. Boys who came from the mountain tops of Tennessee learned to play tennis, a game of which they had never heard; and now, all over America, we have come to realize that these wholesome and attractive substitutes for the ordinary things that get young men into trouble are all that are necessary to keep them moral and upright, as well as to make them strong and valuable.

The army, therefore, has a very deep interest in what you gentlemen are doing. Of course, we all live in the hope that no such collection of our strength, no such mobilization of our manhood for a similar purpose, will ever again be necessary, and I say it with all sincerity. We had the same hope before we went into this war, and I trust our hopes now are better founded; but we must remember that the unexpected always happens, and if the War Department is ever called upon again to mobilize the manhood of America, we want to find them better prepared physically, and we ought to eliminate a very large part of the 35 per cent of the men who are questioned as to their physical vigor.

If we are to have an era of peace, if we are not to take up arms and form ourselves into fighting mediums and make that great and terrible sacrifice for the preservation of our institutions, still the conflicts of peace require strong bodies in order that there may be strong minds; and it is justly suggested by the morale section of the General Staff of the army that if 35 per cent of the young men of America have some physical defect which is enough to raise a question as to their capacity for military use, then 35 per cent of the young men of this country are living their lives in peaceful occupation under a serious handicap as compared with the other 65 per cent of the young men of the country.

What we are engaged in is not merely making men stronger for military purposes, but for the present and pressing demands which peace makes upon every one of us. It is from that particular aspect that I am anxious now that you go forward in this movement, and wish to lend all the encouragement I can to the plan you are formulating on this subject, and to say that the army itself is trying to learn and apply the lessons of this war. We are trying to build a new kind of an army. We are trying to make a new army, and we are starting out with the thought that the only way to get men into the army is to make it worth while for them to go, instead of attempting to apply conscription in peace time, which is contrary to the feelings and beliefs of our people and to mine. Instead of attempting to apply conscription in peace time, we must attract young men into the army.

There are several ways. One is by pay. You can compete with industry and pay the men more to come into the army. That is the worst possible way, I think. In the first place, it competes with industry and gets the wrong man. In the second place, it puts the matter purely on a basis of pay; there is no thought of national service in it, the idealism and elevation of mind that come from the feeling that you are serving your fellow men and your country. The thought is that you are serving your fellow men and your country because they pay you more. It is vastly and unnecessarily costly. That seems, therefore, to be a bad way.

The other way is to make the army so attractive that men will want to come into it, and the only way in which you can do that is to make the life in the army in itself agreeable, and make the opportunity of being in the army so serviceable that men, when they go in for a period of three years, can feel confident that when they go out they will go out as men who have been to a training school in new activities, with new ability to earn their living by useful occupation. You will make the army on that theory a training school, and young men in 1920 will be attracted to it, with the feeling that when they have served their country and the country has served them as well, they will go out of the

army equipped to be mechanics, or to enter into business occupations, and the years of service to their country will not have been lost years, but fruitful years in the matter of education and training; they can look forward to beginning their lives as civilians equipped to take a man's job when it is offered.

The army will seek to reorganize itself on that theory. It is expecting to apply the lessons which we have learned in this war. The training section of the General Staff has been divided into two parts, one dealing with military training and the other dealing with civilians. It has its educational branch. One of the plans is to eliminate illiteracy, to promote Americanization, to introduce men from one part of the country to men from the other parts of the country.

In addition to that, we have in the army an athletic, recreational, and social program, and that has two values. In the first place, it makes it an integral part of the training scheme, just as your college athletics are an integral part of the college athletic scheme. The second advantage is that, both from the point of view of the officer and the enlisted man, it makes a rounded and complete life for the soldier in the army. To the enlisted man, the officer is no longer a man from whom he gets disagreeable commands or receives disciplinary admonitions alone, but he is now his leader, his leader in duty when it is a question of military training, his leader and example when it is a question of educational training, and his leader and example when it comes to a question of athletic competition and highly organized physical coöperation.

There has been some discussion as to the army's policy in taking this program over for direct operation as against leaving it with the Y. M. C. A., the K. of C., and other societies which have performed such extraordinary service. My own belief is that the determination to take this program into the army is justified not in the least by any lack of desire on the part of the societies to continue to serve, but it is justified by the fact that the soldier will realize that his government trains him as a soldier, educates him as a civilian, and recreates him as a man all at the same time; it does not simply take the training out of him,—fit him to perform military service and then let him out to look for a philanthropist or someone else to give him a helping hand. This will have the effect of encouraging a pure, wholesome, and more democratic spirit, and therefore a more useful and higher relation between the officers and men in the army.

Now, I think I have said all that I have to say on this subject. There never was a time in the history of the world when the world so completely belonged to the young men as it does now. Everything that is valuable in the world has recently been put to the test, and the question was whether any of it was going to be

allowed to endure. The young men of this country and of other countries went out and saved civilization, and it now belongs to them. They saved it. They are going to ask, in my judgment, that the future be worthy of the past,—worthy of the part they played,—and that this civilization which they have rescued and which they have paid for with so much sacrifice be worthy of the sacrifice made for it.

It will not be enough to answer to young men that we must not disturb things because they are old. It will not do to say that by making new rules and a new order we are disturbing things. Their answer to that will be, "You ought to have seen us in the trenches!" They have new standards of comparisons, infinitely rational. There is a good deal of intellectual and spiritual unrest in this country, but not so much among the soldiers as among other people. We older people have more doubts than they have. They see pretty clearly, and pretty straight, and what they are going to ask of the generation for which they are responsible is that it shall turn its attention to the perfection of the human race,—that the lessons we have learned shall be used for their benefit and the benefit of their children, in order that they may be strong and virile. They are going to ask that our institutions be so modified, wherever modification be necessary, as to give the widest possible opportunity and freedom to the children.

The programs which you gentlemen are interested in are programs which deal with young men. You are establishing a precedent which you will want to have widely followed. As I see the future, when these young men have made it, it is going to be an improved one, it is going to be a progressive improvement over what we have had in the past. Therefore I hope you will feel that I am not asking too much when I say that we ought all to fall in with the spirit of youth which has demonstrated its right to ask questions and to demand better things.

We ought to study these statistics which the war has produced and find out where the corrigible conditions are. We ought to join hands in applying the correct solutions to these things, whether they be caused by factory conditions or whatever may be the cause. We ought to join hands with these men in making a better America, in order that their sacrifice for a better America may be realized in their lifetime.

#### V. PHYSICAL EFFICIENCY IN BUSINESS.

MR. FRANK A. SCOTT, CLEVELAND, OHIO..

I was not aware, until advised by your president, that I was informed on this subject, and in a state of mind and in possession of sufficient information to be of service to this body. You have

had an example to-day of your president's ability to rule those who are supposed to rule him. I am sure that the Secretary of War is an exceedingly busy man, and, while tremendously interested in this topic, had other things, perhaps to all of us of equally great interest and importance, on his mind; but, at your president's behest he took the day off and came over here. Lieutenant General Bullard, the present chief of that particular division in which your president is now serving, appeared here to-day, and upon your president's request came forward and made an address. Major General O'Ryan, without previous notice that he would be called upon by the president, responded in the same manner. I had the very great honor and pleasure to have your president on my board (munitions) in Washington during the first six or seven months of the war, and I knew when I received a letter from him informing me of the fact that I was to come here to-night and discuss this subject with you gentlemen, that I had to come, although I was at first inclined to write him and ask that my sentence be commuted to hanging!

He said in his letter that he wanted me to lead the discussion. He did not say anything about the subject which was to be discussed. I have listened carefully to-day to the things that have been said, hoping to find something with which I might disagree, because that might start something. I followed all your papers this morning with the very greatest interest, and, unfortunately for my speech, I agree with most of the views expressed, particularly with those expressed by Dr. McCurdy. As I listened to-day I was wondering whether you men, who are devoting your lives to this question, are not so close to the subject that perhaps you are unable to see, as a stranger, like myself, sees, the tremendous importance of your work, and the great opportunity that lies now before you, and also the tremendous accomplishment of the years that have been covered by the life of this Association.

In a small way I have been interested in athletics for thirty years. I began when I was sixteen, and I know very well the difference in tone and influence of the athletic and recreational life of our country to-day from what it was then. When I was a boy sixteen years old, in a big city like Cleveland, we had two centers of that kind of interest. The best one was working on the lines laid down by Chaplain Phillips, the three-sided one—the body, the mind, and the spirit—I mean the Y. M. C. A. The second were the German and Swiss turnvereins in our city, and outside of those mentioned were the athletic clubs, so-called, which were really the homes of professionals who made a livelihood by the training of men in various forms of professional athletics.

Now, within that period, we have all seen the great game of football pass through a period that might have meant its death,

but which really meant a new life given to it by the activity and wisdom of this organization, principally through newspaper discussion, with better ideas developed here and there, and some recognition of them in national legislation and in the organization and development of our armies. It is perfectly safe to say that without this previous training our army could never have been that described by the Secretary of War this morning, a new army in the world's history, an army of men who seemed to be inspired by a better idealism than had inspired them previous to the day that they became soldiers, a reversal in form of the armies of the old day. We all know that war has dragged down a tremendous number of men who were compelled to participate in it in time past. But from this war we see a recreated youth.

The Secretary referred this morning to his own view of the possibilities of working in the right direction upon that idealism which has come back to be a part of our national life. Applying that practically to the development of our citizenship, it seems to me that we must go back to our children. I agree with Dr. McCurdy that if we wait until the young men or young women have arrived at the age at which they enter our colleges, they have already been permitted to go such a distance upon a wrong route, if they are wrongly headed, that it will be very difficult to do the best for them, and therefore very difficult to do the best for our country. We must begin, as your report here to-night indicates, with the common schools. As you know, some start was made a good many years ago in our own city, in the examination of our children for eye defects and for defects of the teeth, and then the examination was extended to cover the communicable diseases of the children.

We can interest the business men of our country (in fact they are already interested in this subject) because of its practical bearing upon the development of the workman as a profitable unit to himself and to his employer. Picture to yourself a factory in which the machines average in cost, as they do to-day in many factories, two thousand dollars. A certain percentage of the men are absent every day, for reasons which would not be present if the ideas and ideals which you gentlemen have worked out so well were followed. For every machine there is the same cost when the machine is idle as there is when the machine is active. There is, of course, no product from it. That, from the employer's standpoint, represents his loss. The man, of course, loses his time—a very important thing to him—and incurs the expense of illness, another important thing to him; and the nation loses the combination of both.

Somebody said this morning, I think it was Dr. McCurdy, that as we originally thought of a perfect manhood in relation to war, we must now think of a manhood, a perfect manhood, in

relation to the conditions of peace. In other words, that nation that carries its development to the highest degree will naturally assume a position of leadership, whether in war or in peace. I believe it was General Bullard who spoke to your Association about the reports that he had heard, or the ideas that he had heard advanced, and said that that part is all right; we did not have to discuss those ideas any further because we all agreed with them. The question is, What are you going to do about it?

I am afraid we cannot provoke a discussion to-night. We can say, we think this, we have a sidelight on this or that. We can agree that we must bring into the national mind a realization of the opportunity that is wrapped up in physical training and education. We shall probably agree that we must begin with our children, through action of our state legislatures, through action of our school organizations; and that in dealing with the working classes, we must have in mind recreational exercises rather than pure physical training. Many men whose duty requires that they take a great deal of physical exercise, steel workers, for example, still need recreational exercises. In fact they need them quite as much as the sedentary worker, but they are disinclined to take them. I think you will find that in many of our business activities, industries, etc., men suffer from those very things, such as biliousness, which the sedentary worker suffers from. Relief must come from recreational exercise, not from their work.

You, gentlemen, with 500,000 students, not exactly under your control, but where you have the opportunity to influence them, you are in a position to do more than any group of men with whom I am familiar. Within ten years, the newspapers of the United States, the great industries of the United States, the public offices of the United States, will largely be filled and controlled by men who have passed under your direction at some time or other. Students in your universities and colleges to-day, with those that will pass through those institutions within the next ten years, are going to direct the thought of this country, and largely direct the action of this country. Therefore it does rest with you, gentlemen, as to what we, as a nation, will do.

I am sure that you will find the business men of the country in hearty accord with all of your purposes as outlined here at this meeting to-day. You, of course, know, at least those of you who come from industrial districts, that in most of our large factories, that in most of our mines to-day, the owners have some contact with the people with reference to their health. Almost every institution of any size has some relation to a doctor, and more than merely calling him when someone is injured. The nurses, (in our city our contracts are with the Visiting Nurses Association) are gradually becoming the advisers, not only in case of accident or sickness, but of men who habitually suffer from

physical disability. This in many plants has led to the use of a physician who advises the men how they can handle themselves. Some of the plants are requiring that the men submit themselves to physical examination before employment; that has created some reaction from labor unions, as you probably have noticed, a reaction that is undoubtedly due to a misunderstanding of the purpose of the examination and the ultimate effect of it upon the working forces with respect to their health; or perhaps it has been due to faulty administration.

You will have the employers of the country with you, and will eventually have the workers of the country with you, for they are intelligent men, and in time, when they are informed of our purpose, and feel our purpose is sound, there will never be any question as to which side they will take. They are, in my opinion, as good Americans as we are, and just as anxious for the welfare of our country as we are; and we cannot shrink from this task or from the opportunity which comes to us through it or from the adjustment to our new economic system which is the result of the changed conditions in the world growing out of the war. We cannot shrink from those things. We are here, those of us that survived, and we must go forward, and we do not wish to shrink from our tasks.

I am certain there is no man who is capable of performing acts useful to his country and to society who proposes to be untrue to the one hundred thousand gold stars that have taken the place of the loyal blue on service flags in the United States. I am confident there is no man who proposes that whatever sacrifice was represented by those stars is to have been a vain sacrifice. I am confident that whether in this Association or in the institutions of industry of our country, men for the most part fully realize that new occasions do teach new duties. And these men are coming forward to a new era and willing to do each his part to bring it about.

It has been an inspiration to me, Mr. President, to be here to-day. I wish that your invitation had been extended more broadly to the business men of our country. I am sure no man could have sat through your sessions to-day and have gone back to his own service, whatever it may have been, without the feeling that he was gazing into a broader outlook on life than the one he had had the day before.

I am most grateful for the inspiration which I have received. I am only fearful that I so completely concurred in that which has been said here to-day that it is impossible to hope from me that discussion for which you asked me to come.

## APPENDIX I.

### CONSTITUTION AND BY-LAWS OF THE NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

#### ARTICLE I.

##### NAME.

The name of this Association shall be the NATIONAL COLLEGIATE ATHLETIC ASSOCIATION.

#### ARTICLE II.

##### OBJECT.

Its object shall be to study various important phases of college athletics, to formulate rules governing athletics, and to promote the adoption of recommended measures, in order that the athletic activities in the colleges and universities of the United States may be maintained on an ethical plane in keeping with the dignity and high purpose of education.

#### ARTICLE III.

##### MEMBERSHIP.

SECTION 1. All colleges and universities in the United States are eligible to membership in this Association.

SEC. 2. Two or more colleges or universities may, with the consent of the executive committee, maintain a joint membership, and be represented by one delegate. This delegate shall be entitled to one vote only.

SEC. 3. Any institution of learning in the United States, not included within the definition of the constitution as to active membership, may become an associate member of this Association. The delegate of an associate member shall have the same privileges as the delegate of an active member, except that he shall not be entitled to vote.

#### ARTICLE IV.

##### ORGANIZATION AND OFFICERS.

SECTION 1. For the purpose of this Association and the election of the executive committee, the United States shall be divided into nine districts, as follows:

1. Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut.
2. New York, New Jersey, Pennsylvania, West Virginia.

3. Delaware, Maryland, District of Columbia, Virginia, North Carolina.
4. Kentucky, Tennessee, Mississippi, Louisiana, Georgia, Alabama, Florida, South Carolina.
5. Illinois, Ohio, Indiana, Michigan, Wisconsin, Minnesota.
6. Missouri, North Dakota, South Dakota, Kansas, Nebraska, Iowa.
7. Texas, Arizona, New Mexico, Oklahoma, Arkansas.
8. Wyoming, Colorado, Utah, Nevada.
9. California, Oregon, Washington, Idaho, Montana.

SEC. 2. The officers of this Association shall be a president, a vice president, a secretary, and a treasurer (these two offices may be held by the same person), and an executive committee, consisting of the president, the secretary, the treasurer, one member from each of the districts above mentioned, and one member from each local league or conference of colleges whose membership consists of at least six colleges, four or more of them being members of this Association. The member to represent the league shall be elected annually by the league, and shall be a representative in the league of a college that belongs to this Association. One person may represent both a district and a local league on the executive committee.

#### ARTICLE V.

##### DUTIES OF OFFICERS.

SECTION 1. The president shall preside at the meetings of the Association and of the executive committee. He shall call a meeting of the executive committee whenever necessary, and a meeting of the Association when requested in writing by ten or more of the institutions enrolled as members.

SEC. 2. The vice president shall perform the duties of the president in the absence of the latter.

SEC. 3. The secretary shall keep records of the meetings of the Association and of the executive committee. He shall report at each annual convention the actions of the executive committee during the preceding year. He shall print such matter as the Association or the executive committee may determine.

SEC. 4. The treasurer shall have charge of all funds of the Association, and shall submit at the annual convention a detailed report of all receipts and expenditures, which shall be printed in the annual Proceedings.

#### ARTICLE VI.

##### MEETINGS.

SECTION 1. There shall be an annual convention of this Association during the last week of December or the first week of

January, at such time and place as the executive committee may determine.

SEC. 2. Special meetings of the Association may be called at any time as provided in Article V, Section 1.

SEC. 3. Two or more colleges or universities may be represented by one delegate. This delegate shall be entitled to one vote only, except on questions or motions upon which he has definite, written instructions from the proper authorities of the institutions represented. In the latter case he shall be entitled to as many votes as he has written instructions, provided the said delegate votes for each institution as instructed on the matter at issue.

SEC. 4. Twenty-five colleges, represented as above, shall constitute a quorum for the transaction of business.

#### ARTICLE VII.

##### ELECTION OF OFFICERS.

SECTION 1. All officers shall be elected by ballot at the annual convention, and shall continue in office until their successors are chosen.

SEC. 2. A vacancy in any office occurring between the meetings of the Association shall be filled by the executive committee.

#### ARTICLE VIII.

##### CONTROL OF ATHLETICS.

The colleges and universities enrolled in this Association severally agree to control student athletic sports, as far as may be necessary, to maintain in them a high standard of personal honor, eligibility, and fair play, and to remedy whatever abuses may exist.

#### ARTICLE IX.

##### AMENDMENTS.

This constitution may be amended at any annual convention by a three-fourths vote of the delegates present and voting, provided that the proposed amendment shall have been submitted in writing to the secretary of the Association at least three weeks before the convention meets, and provided that a copy of the proposed amendment shall have been duly sent to each college and university enrolled in the Association.

## BY-LAWS.

### ARTICLE I.

#### ORDER OF BUSINESS.

At meetings of this Association the order of business shall be as follows:

1. The reading of the minutes of the previous meeting.
2. The appointment of a committee on nominations.
3. Reports of officers and committees.
4. Miscellaneous business.
5. Election of officers and committees.
6. Adjournment.

### ARTICLE II.

#### ANNUAL DUES.

Each college or university that is a member of this Association shall pay twenty-five dollars annually to defray the necessary expenses of officers, committees, and administration. Joint members shall pay the same fee.

Each institution of learning that is an associate member of this Association shall pay ten dollars annually to assist in defraying the necessary expenses.

### ARTICLE III.

#### FUNCTIONS OF THE EXECUTIVE COMMITTEE.

**SECTION 1.** The executive committee shall be the executive body largely intrusted with the duty of carrying on the work of the Association. Three of its members must be present to constitute a quorum. Other members may be represented by written or personal proxies, provided the absent member has given definite instructions as to the action of his representative or proxy.

**SEC. 2.** The executive committee is empowered to transact such of the business of the Association as it may deem wise by correspondence—such action, however, to be noted by the secretary in his minutes and laid before the committee at its next meeting.

### ARTICLE IV.

#### MEETING OF THE EXECUTIVE COMMITTEE.

**SECTION 1.** A meeting of the executive committee shall be held prior to the annual convention for the purpose of considering

the work to be done by the Association at said convention, and questions of importance which any institution desires to suggest for the action of the whole body should be previously laid before this committee in order that it may report upon them.

**SEC. 2.** The president may call meetings of the executive committee at any time, and shall call a meeting on the written request of any three members.

### ARTICLE V.

#### RULES COMMITTEES.

**SECTION 1.** The Association at its annual convention shall choose committees to draw up rules for the playing of games during the succeeding season, and these committees shall report the same to the executive committee for promulgation.

**SEC. 2.** Nominations for these committees shall be submitted at the annual convention by the executive committee. Other nominations may be made from the floor.

**SEC. 3.** The rules committees shall make a report to the annual convention on the rules of play adopted, and their practical working during the preceding season.

### ARTICLE VI.

#### PRINCIPLES OF AMATEUR SPORT.

Each institution which is a member of this Association agrees to enact and enforce such measures as may be necessary to prevent violations of the principles of amateur sport such as

a. Proselyting:

(1) The offering of inducements to players to enter colleges or universities because of their athletic abilities, and supporting or maintaining players while students on account of their athletic abilities, either by athletic organizations, individual alumni, or otherwise, directly or indirectly.

(2) The singling out of prominent athletic students of preparatory schools and endeavoring to influence them to enter a particular college or university.

b. The playing of those ineligible as amateurs. An amateur athlete is defined as one who participates in competitive physical sports only for the pleasure, and the physical, mental, moral, and social benefits directly derived therefrom.

c. The playing of those who are not *bona fide* students in good and regular standing.

d. Improper and unsportsmanlike conduct of any sort whatsoever, either on the part of the contestants, the coaches, their assistants, or the student body.

## ARTICLE VII.

## ELIGIBILITY RULES.

The acceptance of a definite statement of eligibility rules shall not be a requirement of membership in this Association. The constituted authorities of each institution shall decide on methods of preventing the violation of the principles laid down in Article VI.

The secretary of the Association will furnish on request a set of eligibility rules that are recommended to colleges wishing to adopt such rules.

## ARTICLE VIII.

## REPORTS FROM DISTRICTS.

At the annual convention of the Association the representative of each district shall render a report on athletic conditions and progress within the district during the year. This report shall cover the following points:

1. The degree of strictness with which the principles of the constitution and by-laws and the existing eligibility rules have been enforced.
2. Modifications of, or additions to, the eligibility code made by institutions individually or concertedly.
3. Progress towards uniformity in the union of athletic interests within the district through the formation of leagues or other associations, and movements towards further reform.
4. Any other fact that may be of interest to the Association.

## ARTICLE IX.

## AMENDMENTS.

These by-laws may be amended by a majority vote of the delegates present and voting at any annual convention of this Association, provided that notice of the proposed amendments shall have been sent at least three weeks before the date of the meeting to the institutions enrolled.

## APPENDIX II.

## REPORT OF THE TREASURER, 1919.

FRANK W. NICOLSON, *Treasurer*, in account with the National Collegiate Athletic Association.

## DR.

	1918.		
Dec. 27.	To balance forward .....	\$2175 67	
	To dues from members as follows:		
30.	Brown University .....	25 00	
	Georgia School of Technology .....	25 00	
	University of Georgia .....	25 00	
	Purdue University .....	25 00	
	University of Minnesota .....	25 00	
	Rice Institute .....	25 00	
	1919.		
Jan. 4.	College of Wooster .....	25 00	
6.	Grinnell College .....	25 00	
16.	Dickinson College .....	25 00	
20.	International Y. M. C. A. College .....	25 00	
27.	Kansas Intercollegiate Conference .....	25 00	
	Carleton College .....	25 00	
	University of Wisconsin .....	25 00	
Feb. 10.	College of the City of New York .....	25 00	
14.	Westminster College .....	25 00	
Mar. 3.	Amherst College .....	25 00	
5.	Lafayette College .....	25 00	
	Michigan Agricultural College .....	25 00	
7.	Carnegie Institute of Technology .....	25 00	
	University of Cincinnati .....	25 00	
8.	University of Rochester .....	25 00	
10.	Union College .....	25 00	
	Pennsylvania State College .....	25 00	
	University of Chicago .....	25 00	
	Stevens Institute of Technology .....	25 00	
11.	Harvard University .....	25 00	
	Bates College .....	25 00	
12.	Hamilton College .....	25 00	
	Mercersburg Academy .....	10 00	
	University School .....	10 00	
13.	Phillips Academy (Andover) .....	10 00	
14.	Yale University .....	25 00	
	U. S. Military Academy .....	25 00	
	Denison University .....	25 00	
17.	Syracuse University .....	25 00	
	New York University .....	25 00	
	Vanderbilt University .....	25 00	
	University of Virginia .....	25 00	
	Dartmouth College .....	25 00	
18.	Swarthmore College .....	25 00	
	New York Military Academy .....	10 00	

## Dr. (Continued)

19.	Rutgers College	25 00
21.	University of Tennessee	25 00
	University of Pittsburgh	25 00
	Columbia University	25 00
25.	Trinity College	25 00
	Leland Stanford Junior University	25 00
	Oregon Agricultural College	25 00
	Ohio Wesleyan University	25 00
28.	Oberlin College	25 00
April 3.	Wesleyan University	25 00
4.	University of North Carolina	25 00
	State University of Iowa	25 00
	Indiana University	25 00
	New Hampshire State College	25 00
	Mount Union College	25 00
	Western Reserve University	25 00
	Lehigh University	25 00
10.	University of Nebraska	25 00
	Catholic University of America	25 00
	Agricultural and Mechanical College of Texas	25 00
	University of Michigan	25 00
19.	University of Kansas	50 00
19.	Massachusetts Agricultural College	25 00
22.	University of Pennsylvania	25 00
	Tufts College	25 00
30.	University of Colorado	25 00
May 12.	University of the South	25 00
	Drake University	50 00
June 11.	Illinois Intercollegiate Athletic Association	50 00
Oct. 7.	Pacific Northwest Intercollegiate Conference	25 20
Dec. 8.	Williams College	25 00
	University of Akron	25 00
	Westminster College	25 00
	Lawrenceville School	10 00
9.	Bowdoin College	25 00
11.	Johns Hopkins University	25 00
	Allegheny College	25 00
	Washington and Jefferson College	25 00
12.	Grinnell College	25 00
	University of Texas	25 00
13.	Interest on Liberty Bond	21 25
	Northwestern University	25 00
14.	Franklin and Marshall College	25 00
	Phillips Exeter Academy	10 00
	Interest on Savings Bank deposit	29 81
16.	Hartford Public High School	10 00
17.	Case School of Applied Science	25 00
22.	Purdue University	25 00
24.	Carleton College	25 00
26.	Temple University	25 00
	Washington and Lee University	25 00
	Ohio State University	25 00

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1918		
Dec. 28.	Cable to General Pierce	5 05
30.	Whitehead & Hoag Co. (badges)	37 50
1919.		
Jan. 6.	Convention Reporting Co. (expenses 1918 convention)	56 25
7.	J. L. Griffith (expenses 1918 convention)	64 84
8.	F. W. Luehring (swimming committee)	12 08
Feb. 8.	F. W. Nicolson (expenses of conference of two committees)	20 10
18.	J. L. Griffith (committee on publicity)	7 50
24.	Wesleyan Store (postage)	25 50
Mar. 7.	American Physical Education Association (printing)	430 63
17.	F. W. Nicolson (travelling expenses)	15 10
Apr. 4.	Hazen's Bookstore (record book)	1 65
	G. W. Orton (soccer committee)	19 34
	P. S. Page (soccer committee)	23 77
	Pelton and King (printing)	53 00
10.	American Physical Education Association (printing)	17 55
	D. B. Reed (swimming committee)	89 95
11.	F. W. Luehring (swimming committee)	7 49
	R. F. Nelligan (swimming committee)	25 22
16.	American Physical Education Association (reprints)	15 29
	Miss B. E. Stimmel (committee on publicity)	46 78
May 1.	Pelton and King (printing)	6 00
8.	R. Morgan (basket ball rules committee)	26 17
10.	E. L. Hildreth and Co. (printing)	5 50
22.	Robert Stoll (cup for competition)	100 00
26.	R. F. Nelligan (swimming committee)	3 25
	American Physical Education Association (printing)	8 01
June 11.	American Physical Education Association (printing)	16 25
July 1.	James McKinnon Co. (photographing cup)	6 00
	E. E. Millett (engraving cup)	7 50
	American Physical Education Association (committee on efficiency tests)	66 94
	F. W. Nicolson (secretarial assistance)	250 00
Aug. 5.	Oswald Tower (basket ball committee)	39 03
Oct. 3.	D. B. Reed (swimming committee)	15 00
Dec. 2.	Postmaster at Middletown (postage)	19 00
4.	P. W. Stansbury (printing)	3 00
23.	Whitehead & Hoag Co. (badges)	37 80
29.	Balance forward	2887 89

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